From the Author of "[illegible]" Series

THE INFAMOUS

AYAS GANGULY

The Infamous

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“ What I want is muscles of iron and nerves of steel, inside which dwells a mind of the same material as that of which thunder is made. Strength, manhood, and courage; that's what we want. We want that kind of strength; youth should rise and bring that strength. ”

— Swami Vivekananda

DISCLAIMER

This pocket book is not written to insult teenagers or criticize parents. It is not a tool of hate, but a mirror—cold, clear, and unflinching. It does not attack; it questions. It does not scream; it reveals. The purpose of this work is to examine, with brutal honesty, whether the current state of Indian youth is one of growth—or one of decay. It asks: Is the path you're on truly yours? Are your actions driven by meaning or by momentum? Are Indian teens and young adults truly exploring freedom, or are they trapped in a comfortable illusion—mistaking distraction for purpose, and dopamine for joy?

This pocket book is a confrontation, not a cushion. And so, if you are someone who is highly sensitive to such subjects, or worse, a teenager inflated by ego, living a hollow life while convincing yourself it's "self-exploration" and "freedom"—even though, deep down, you know it's neither—then close this book immediately. Yes, you know it's not real, and still you run from change. If you're

committed to wasting your potential in the name of rebellion without purpose, this pocket book is not for you.

But if there is even a flicker of doubt in you—an itch that says maybe there's more, a voice that whispers I don't want to be like the rest, then read on. This Pocket book will not flatter you. It will challenge you. Because sometimes, the only way to wake up is through discomfort.

Few Words From the Author

“This pocket book is not written out of hatred. It is written out of disappointment. Disappointment in a generation that has been handed the tools of creation but chooses filters, hashtags, and shallow mimicry instead.

You—the teenager or young adult reading this—are living in a time of unprecedented access. To knowledge. To technology. To history. To people. You have more information at your fingertips than the greatest minds of previous centuries could even dream of. And yet, what do you do with it?

You chase trends, not truth. You follow, but do not lead. You react, but do not think. You consume content like a starving animal but digest none of it. Every scroll, every share, every comment—is a distraction you mistake for action.

Take, for example, the anime culture. What once started as a beautiful, artistic expression of philosophy, emotion, and culture—has now been

dragged down to the gutters of Instagram reels and TikTok toxicity. You either try to look "cool" quoting half-baked lines from Jujutsu Kaisen or "cute" posing with filters and calling yourself a weeb with zero understanding of the themes or creators behind the work. Worse, you fuel fan wars, spitting hate because someone prefers Attack on Titan over Demon Slayer or even go on a “Who Edits Anime Reels better?” War. Even because of this sometimes adults are seen on social media or TikTok mimicking dialogues from random Anime series to grab the youth attention downgrading the essence of the original work. Look at The recent Ghibli art-style picture trend.., using an AI model like ChatGPT can be useful for many means of work in a large and serious scale of variety due to some specific reasons like it makes searching easy, reasoning easy and if you're into some research it can also help you arrange everything easily. Although I personally prefer on Individuality while working due to some specific reasons, my point is using such a useful tool for nothing but a cheap copy of an art style made by the core emotion and soul of the creator—it’s a very disheartening and cheap trend. And you, specifically Indian teenagers are following it blindly without understanding the dept or even questioning

yourself—“Why am i doing this?..Just because others are doing...I'll blindly obey and follow them...but why ?”...you never asked yourself did you?...

This isn’t fandom. It’s cheap tribalism in the disguise of interest. It is the behavior of people too scared to build their own identity—so they borrow aggression and insecurity from their favorite shows or whatever they are seeing happening around them in a larger scale.

Where is your depth? Where is your curiosity? Where is your rebellion that builds rather than destroys?

Most of you don’t realize it, but you are stuck in a loop of manufactured distraction—a system designed to keep you tame, confused, and compliant. If you’ve ever wondered why you’re constantly restless, unhappy, and uninspired, the answer is not out there. It’s within you.

This pocket book exists to provoke. To offend you into reflection. To make you uncomfortable enough to finally wake up. Because I still believe in the untapped potential of this generation—but only if it

chooses to break free from the mental sedation it has mistaken for life.

You are not meant to be soft, scattered, and satisfied with crumbs. You are meant to be sharp, creative, aware, and dangerous—to the systems that want you dull.
This pocket book is a mirror.
Either break it in denial, or use it to see yourself clearly for the first time.”

— Author

(A former teen who refused to stay stupid)

INTRODUCTION

Before you dive into this pocket book, understand one thing: you are being programmed—not just by schools, social media, and trends, but by something far deeper and more primal.

For example, let's take one of the biggest yet most ignored factors in the decline of today's youth—which is, the obsession with adult content. It is not about morality or outdated ideas of "purity." Let's be clear: feeling sexual attraction at this age is natural. The urge to explore the opposite gender's body, the curiosity about intimacy—these are not wrong. In fact, they are biologically necessary. Suppressing these feelings is unnatural, but overindulging in them is equally dangerous.

And this is where the problem begins.

Instead of developing real-life skills, forming deep connections, or understanding attraction in a healthy way, most young people today escape into a digital fantasy—an endless cycle of adult videos that provide instant gratification without any effort.

The Science Behind the Damage

Your brain releases dopamine—the “feel-good” chemical—when you watch adult content. Over time, excessive consumption rewires your brain, making it crave constant stimulation. This leads to:

Decreased concentration and memory loss – Studies show that too much dopamine release damages your brain’s ability to focus and retain information.

Lowered confidence and social anxiety – Since you are training your brain to find satisfaction alone, you become less motivated to build real-life relationships.

Escapism and procrastination – Rather than facing challenges and improving yourself, you develop the habit of seeking quick pleasure to avoid discomfort.

The biggest problem? It makes you weak. It turns you into a passive consumer rather than an active

creator. Instead of striving for real success, you numb yourself with temporary pleasure—wasting your energy on something that gives you nothing in return.

If you think this is just theory, look at the most successful people in any field. Do you really believe they spent their teenage years glued to a screen, chasing empty pleasure? Or did they channel their energy into mastery, ambition, and self-discipline?

Success Is Not About Idolizing—It's About Thinking Differently

Many people will read this and say, "Well, what about those who made it big?" Yes, there are young Indians who refused to follow the herd and achieved something significant.

Take someone like Ritesh Agarwal, who founded OYO at just 19. He wasn't born rich, nor did he have any special privileges. What set him apart? He questioned the system, thought independently, and took risks while others were busy scrolling social media and watching distractions.

Now before many of you start sexualizing OYO like “Dude, he just unknowingly or unwantedly created an isolation spot for couples and even sometimes underage (through bribe money) to have Sex haha !” totally ignoring the fact how much money he made up through an idea he got in that similar age where you have to ask, or rather almost beg money from your parents either it′s for a party with friends, hanging out, dating someone to something much more insolent as even buying a Chewing-gum..Then you can forget about Ritesh, but look at Shravan and Sanjay Kumaran atleast.., who became the youngest app developers in India when they were barely in their teens. They didn′t blindly follow trends; they explored, experimented, and used their time to create rather than consume.

This pocket book is not asking you to become like them. It is asking you to think like them—to use your youth wisely, to build something of value, and to break free from the cycle of passive consumption.

The problem with your generation is not that you lack intelligence or potential. The problem is that you have been conditioned to believe that following

trends and chasing distractions is a way of life. You are being kept weak, and you don't even realize it.

This pocket book is here to **wake you up.**

If you are willing to break free from your self-imposed chains, keep reading. If not, go back to your distractions—but don't complain when you wake up one day, realizing that you wasted your best years.

The Nine Infamous Issues—Stated, discussed and Explored

I've divided the whole problem with this generation almost to the core as much as I could in Nine Chapters Chronologically. All of the Chapters are a mirror reflection of what I saw, felt and wanted to say to the youth after trying to analysing their psyche on the basis of communication, understanding and few mental tests/questions to understand their perspective. Some of the problems discussed in the Nine chapters are also inspired from my own Teen age life related issues what I contained and tried to alter for the better when I

realised why it's not the correct way things should be done. I stated those Nine chapters as ‘Infamous’ because they are an direct reflection of the problems which must be eradicated from the mind as I think for the betterment of this generation. Plus, I've added a small but semi-detailed explanation about the parental roles and failures which partially lead to this downfall—as a bonus *10th chapter which is excluded from the previous Nine chapters.

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“ Dream, dream, dream. Dreams transform into thoughts and thoughts result in action. The ignited minds of the youth are the most powerful resource on the earth, above the earth and under the earth. ”

— Dr. A.P.J. Abdul Kalam

THE INFAMOUS NINE

Look around you. What do you see? A generation of mindless consumers, trend-followers, and obedience-driven robots. The Indian youth of today is not just lost—it is actively being programmed to stay ignorant, passive, and conformist. They are told what to think, what to follow, and how to behave. Any sense of individuality, deep thinking, or rebellion against mediocrity has been crushed under a system designed to keep them obedient, shallow, and utterly predictable.

For example;In today's world, platforms like TikTok and the glossy portrayals of romance in Bollywood and Hollywood have glamorized relationships in a way that often misguides young minds. For many Indian teens, especially in school and college, being in a relationship has become more of a trend than a conscious emotional decision. Influenced by picture-perfect couple videos and cinematic love stories, they chase an idealized version of romance—without truly understanding the

seriousness and responsibility that a real relationship demands.

Love is not just about two people expressing feelings; it's about emotional maturity, mutual growth, understanding, and resilience. These are qualities that take time and life experience to build—things that teenagers are only beginning to develop. That's why teenage love, while it may feel intense, often remains more of a fantasy than a grounded reality. It's rarely sustainable, not because the feelings aren't real, but because the stage of life isn't right.

Teenage years are for self-growth, learning, and adapting to the world—not for diving into emotionally heavy responsibilities. The entertainment meant for adults often becomes a misleading influence for teens who aren't yet equipped to handle what they're emulating. Instead of being pulled into premature emotional commitments, it's wiser for teens to focus on exploring their talents, building dreams, and learning from truly creative and inspiring content.

Love has its time. Rushing into it due to peer pressure or media influence often leads to heartbreak and regret. Patience and maturity always bring better, more fulfilling outcomes.

But this pocket book isn't solely about love and romance regarding Teenage life or it's popularity in the young adult's discussive worlds. It was a minor example about how most of the youth consume things in the wrong way—or rather, innapropriate/mistaken way...

But here's the truth...the youth don't have to be like this. They can break out. They can reclaim their mind, their thinking, and their individuality. This pocket book is aiming to show them how. But first, we must diagnose the problems. Those **Nine Infamous Problems...**

Chapter 1: *The Disease of Obedience — How the Indian Education System Turned You into a Mindless Drone*

"The Colonial Chains That Still Bind You..."

The Indian education system was never designed to create thinkers, innovators, or leaders. It was designed to produce loyal, obedient workers for the British Empire. The British needed clerks, factory workers, and soldiers who wouldn't question orders. So, they created a school system that prioritized obedience over creativity, memorization over understanding, and blind respect over questioning authority.

And here's the brutal truth... Nothing has changed. You are still a product of the same system.

For Example... In early May 2024, an obscure name—Tirth Raj Prasanna—suddenly flooded social

media feeds across India. A seemingly underground figure, he burst into the digital spotlight with the release of his debut book Lucifer Was Innocent, a title soaked in manufactured controversy. Its launch was wrapped in two deliberately provocative PR tags: “Forbidden Knowledge” and “Secrecy.” It was an instant hit among Indian teens and young adults—most of whom had never read a full philosophical essay in their lives. The book wasn’t read—it was worshipped. Not for its content, but for the aura it projected. It hinted at hidden truths, dark powers, and cosmic rebellion—exactly the kind of symbolic rebellion an emotionally chaotic teenager looks for to feel “seen.”

His rise was no accident. It was orchestrated. PR teams planted cryptic posts and edits across Instagram and X (formerly Twitter), adding AI-generated quotes attributed to “Tirth the Eye” and “The Lucifer Scholar.” TikTok and Instagram reels showed staged clips of Tirth in low light, speaking vague lines like, “The world is blind, I just opened mine.” And like moths to a flame, teenagers clung to every word.

By June-July 2024, the hype reached its peak when influencers began dropping videos claiming that Tirth had “opened his third eye.” YouTubers with 50k–500k subscribers were paid off to post reaction videos and explainers, painting him as a prophet in disguise. He was said to “see through people,” “manipulate energy,” and “carry Lucifer’s will.” Ironically, he even leaned into this lunacy, releasing a pseudo-spiritual trap music video titled Aham Brahmāsmi across his social handles—yet another attempt to blend rebellion with divine identity. It was all brand—no soul. But it worked. Indian youth, lacking both strong role models and critical thinking, devoured it.

What made it worse was how eager teenagers and early 20-somethings were to belong to a digital cult. They posted Instagram bios with “#LuciferWasInnocent,” reshared his vague quotes, and claimed to have felt their “third eye tingling” after watching his videos. It wasn’t intelligence—it was emotional escapism disguised as depth.

But by March 2025, the illusion cracked.

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Screenshots surfaced—posted on meme pages and shared by a minor girl and a fellow influencer—exposing Tirth's direct messages. They weren't philosophical or divine; they were vulgar, manipulative, and downright disturbing. He had allegedly sent explicit messages and even personal pictures, attempting to lure the girls into sexual conversations under the pretense of "awakening" or "spiritual connection." Suddenly, the self-proclaimed prophet looked like a predatory fraud.

The youth—who had once flooded comment sections with "Aham Brahmāsmi" and "He sees the truth"—now turned on him. "That's not fair, Tirth," they said. But the truth is, this was never about fairness. This was always about projection. Teenagers projected meaning onto an empty shell because they're constantly looking for someone to follow—someone to give their confusion a shape, their rebellion a leader. They mistook performance for power. They confused mystery with depth. And they got burned.

Had Tirth actually possessed some divine third eye, wouldn't he have foreseen this collapse? Had he really "made deals with Lucifer," as some claimed he did in dreams, then human desires like sexting teens would've seemed beneath him. But no. His actions weren't spiritual—they were pathetic.

This story is not just about Tirth Raj Prasanna's fall—it's about the collective immaturity of a generation that craves identity through borrowed chaos. They attach themselves to trending figures without scrutiny, without wisdom, simply because "everyone else is doing it." Hype blinds them. And by the time reality arrives, they are already invested, embarrassed, and broken.

The lesson? Charisma is not character. Mystery is not truth. And rebellion without reason is just noise.

Until the youth learn to question first and follow later, this pattern will repeat—again and again—like a ritual of stupidity.

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You were trained to never question the teacher, no matter how illogical or outdated their teachings were.

You were taught to memorize facts, not analyze them.

You were told that getting good grades matters more than understanding the subject.

You were never encouraged to challenge ideas, explore new perspectives, or think critically.

As a result, you have grown up as a passive follower—someone who blindly obeys what society tells them. You don't think deeply about movies, books, politics, or philosophy. You just accept what is popular, follow what your peers are doing, and never step out of the herd.

Chapter 2: *The Hype-Driven Mind – How Social Media Turned You into a Thoughtless Consumer*

"The Age of Superficiality"

Instagram. TikTok. Reels. The digital world has hijacked your brain and turned you into a dopamine addict. Instead of reading books, engaging in intellectual debates, or developing unique perspectives, you spend hours scrolling through mindless content. You consume whatever is trending, not what is meaningful.

You only watch movies because they are hyped, not because they have depth.

You listen to music because it's popular, not because you actually connect with it.

You repeat famous quotes without understanding their meaning.

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You worship celebrities without questioning why they are famous.

Social media has destroyed your attention span and made you addicted to surface-level entertainment. You no longer have the patience to read, analyze, or think deeply. Everything must be quick, flashy, and viral. And because of this, your mind has become shallow, predictable, and easily manipulated.

For Example... Just Look around—The streets are not filled with the unemployed—they′re filled with the voluntarily useless. Indian teens and young adults, most of whom have degrees, skills, even jobs, pretend to be unemployed by choice, living in a self-created vacuum of laziness and artificial rebellion. These aren't people shackled by lack of opportunity—they're imprisoned by apathy masquerading as freedom. Why? Because being busy isn't trendy. Thinking deeply isn't relatable. Doing something with silent consistency isn't cool enough for the Instagram story. What once was considered virtue—discipline, solitude, practice—is now mocked as old-school, boring, or "trying too

hard." Instead, mediocrity has been rebranded as “mental peace,” and laziness as “self-love.”

This is the era of FOMO-fueled delusion—a toxic residue left by dopamine-driven apps like Instagram, Facebook, Twitter, and TikTok. It’s no longer about becoming something—it’s about appearing to be something. Social currency has replaced personal growth. Even the famed whistleblower Tristan Harris, former Google design ethicist, publicly admitted how these platforms are "hijacking the human mind," creating an illusion of productivity while feeding off insecurity and short attention spans. This psychological warfare has turned teens into algorithm addicts—scrolling endlessly, chasing viral trends not for passion, but for clout. Likes are now medals. Views are the new applause. Validation has become more important than understanding. You don’t need to know anything—you just need to look like you do.

Let’s examine a tragicomic example. In late 2023-Early 2024 , a guy in his 20s from Bangalore, a small-time influencer with nothing notable to his name,

blocked roads with a group of Taylor Swift fans—known as “Swifties” (A cringe fanbase name given by mass audience. e.g. BTS Army for BTS Boy Band from Seoul, South Korea or Little Monsters for Lady Gaga fandom, a singer situated in the United states, New York City)—in some absurd protest to “bring Taylor Swift to India.” Now, we’re not talking about a diplomatic rally or a political cause that affects millions. This was a movement to bring a Western pop star into a subcontinent teeming with real issues: poverty, unemployment, environmental collapse. Blocking roads, screaming chants, holding banners—because a woman with a guitar hadn’t landed in Mumbai yet. It’s not activism. It’s theater. A performance. A circus where everyone wants to be seen, no matter how foolish the act.

A concert isn’t a flash mob. It’s an international operation: months of planning, permits, economic logistics, marketing, and security—something Swift’s team obviously weighed carefully. But these

youth didn't want reality. They wanted drama. They wanted chaos to fuel clicks. The guy likely did it to impress a girl, gain traction in reels, or simply feel important for five minutes. That's the real India now: masculinity reduced to virality, and fandom turned to performance art. Not conviction. Not love. Just curated insanity, fed to the algorithm.

They know it's fake. They feel the emptiness—but rather than step away, they double down, because everyone else is doing it. The infantile desire to belong outweighs the inner voice of reason. Philosopher Søren Kierkegaard once warned, "The crowd is untruth." He was right. In the crowd, truth doesn't survive—only trend does. And in this country, truth has been replaced with trending hashtags, political tokenism, and cinematic slogans.

Take another example: Nolan's Oppenheimer (2023). A deeply complex historical character study turned

into a TikTok template. Overnight, teens who didn't know Christopher Nolan's name during Tenet or Interstellar suddenly declared themselves superfans—because Cillian Murphy from Peaky Blinders (2013-2022) was shirtless in a 70mm frame. They didn't discuss pacing, structure, or symbolism. They watched for nude scenes and acted like scholars. That's not appreciation. That's intellectual cosplay. You wear the costume of wisdom without bearing its weight. You quote films without confronting their meaning. You act deep because it looks good in your Instagram bio.

Or look at Laapataa Ladies (2024), released in theatres in March 2024, produced by Aamir Khan. A subtle, warm, beautifully shot satire about simplicity, identity, and rural life. It carried a faint whisper about women empowerment—but wasn't the core. The core was about how complexity and illusion rob innocence, how chasing glamour leaves you lost. Ask a teenager what they learned from it—they'll parrot "women empowerment" like a broken toy. Why? Because it's easier to repeat a headline than to reflect. They don't watch films to

grow—they watch them to post about it. To clip it. To filter it. They reduce nuanced stories into Buzzfeed slogans and Instagram captions. Cinema has become a mirror for vanity, not a window into truth.

When you worship a trend without understanding it, you're not being intellectual—you're being used. Real creativity is not for mass consumption. Real cinema, real art, real philosophy—require silence, slowness, and stillness. This gen doesn't have that patience. So they commercialize creativity, reducing a Nolan film to a thirst trap, or a village satire to a feminism badge. They don't create or comprehend—they repurpose and repackage. And every time they do, the original soul of the work dies a little.

Ancient Chinese strategist Sun Tzu said, "If ignorant both of your enemy and yourself, you are

certain in every battle to be in peril." These teens are at war with boredom, with purpose, with the silence of solitude—and they're losing every battle. Not because they are stupid, but because they follow blindly. They chase without purpose. They absorb without reflecting. They think reacting is thinking.

They believe sharing is understanding. But it's not. It never was.

Stop making creativity a trend.
Stop romanticizing ignorance.
Stop following crowds who don't even know why they're running.

Because until you understand something deeply, until you feel it in your bones, it's nothing. Just noise. Just a void. And if you build your identity inside that void, you will collapse with it—just like every fake influencer, every momentary protest, and every hollow hype wave you ever chased.

The Illusion of Individuality—You think you are unique. But in reality, you are just another product of the algorithm. Your opinions, your tastes, and even your beliefs are shaped by what is trending, not what is true.

You act like you understand deep movies, but you only repeat the most famous lines.

You think you are intellectual because you watched Fight Club, but you don't even understand its core philosophy.

You talk about Blade Runner just because Ryan Gosling is in it, not because you care about its themes.

Your mind is not your own. It is controlled by hype.

Chapter 3: *The Herd Mentality – Why You Fear Thinking for Yourself*

"Validity becomes the ultimate credit..."

Most young adults in India desperately seek validation. They want to fit in, to be accepted, to be part of the crowd. And because of this, they suppress their individuality and follow the herd.

If everyone is watching cricket, you pretend to care about it—even if you don't actually like the sport.

If everyone is posting about a new movie, you pretend to be excited about it—even if you haven't watched it.

If everyone is following a new Instagram trend, you join in—even if it's completely pointless.

This is herd mentality in action. Instead of questioning, thinking, and forming your own

opinions, you simply do what everyone else is doing. You are terrified of standing out, of being different, of challenging the crowd.

But here's the truth... The masses are almost always wrong. True thinkers, creators, and revolutionaries do not follow the herd. They question it, challenge it, and break free from it.

For Example... From their earliest years, Indian teens are poisoned with half-truths. They are told, "One stick breaks, ten don't." A parable meant to inspire unity, now distorted into a dogma of blind blending. This half-story becomes a full cage. They are made to believe that loneliness is weakness, that standing alone is shameful, that belonging, no matter the cost, is the ultimate proof of worth. And so, the teenager—full of potential and untapped strategic genius—begins to shrink. Not from fear, but from a hunger to be accepted. They enter cheap-minded groups, degrade their intellect to match the room, and begin seeking validation from peers who are just as confused, average, and immature as them—because they've been told that's what strength is: being part of a crowd.

But crowds don’t think. Crowds absorb. They take your individuality and offer you nothing in return but distraction, temporary laughter, and a void so deep you don’t even realize you’re falling. You go for a hangout. You laugh, click photos, upload stories. But come home and ask yourself, what did I gain? Be honest. Exactly. You gained nothing. You just donated another afternoon to the black hole called “mass approval.” You didn’t build a team—you joined a drain.

True teamwork, as history has shown, doesn’t mean blending—it means leading. They never told you the rest of the stick story. A team without a leader is nothing but noise. In tough times, even ten sticks shatter. We′ve seen it in stories and cinema again and again—Rock On! (2008) showed how one conflict dissolved a once-unbreakable bond. That’s reality. A strong team doesn’t last because of emotional slogans. It lasts under command—under someone who knows how to observe, select, and manipulate the right people like chess pieces. A leader doesn’t beg for approval—he engineers loyalty.

The masses confuse approval with respect. They chase likes, retweets, reel views. They form cult-like fandoms—the BTS Army, Swifties, Beliebers—not out of love, but out of a desperate desire to belong to something louder than themselves. The irony? These fanbases don't empower anyone—they dilute individuality, turning people into marketing foot soldiers for someone else's spotlight.

Why do teens do this? Because they think attention equals power. But attention that is begged for is never real power. It's rented. And it can be taken away at any moment.

If being alone was truly weak, then explain the rise of fictional legends like Sōsuke Aizen from Bleach, Johan Liebert from Monster, or Ayanokoji from Classroom of the Elite. These characters dominate not because they seek approval—but because they master silence, psychology, and manipulation. Yes, they are fictional—but fiction often reflects truths too dangerous for reality to say out loud. Still not convinced? Then listen to Robert Greene, whose book "The 48 Laws of Power" has become the handbook for those who rise in silence. He tells us:

Law 6: Court attention at all costs—but only if you control the narrative. Not by joining noise, but by becoming its master.

Law 18: Do not build fortresses to protect yourself – isolation is dangerous—but strategic solitude is not isolation. It's control.

Law 1: Never outshine the master—unless you are the master. Then never let them know how brightly you can burn.

The wise don't seek validation. Validation seeks them. Why? Because they radiate power without asking for it. They study when others scroll. They observe when others rant. They walk alone—not because they're forced to, but because they choose to. And when they finally speak, others shut up and listen.

You can live life either as the guy who rushes to hangouts to prove he has a social circle, or you can be the one they talk about when you're not even in the room. Don't be that kid who laughs along with

shallow jokes just to feel included. Be the one they try to impress, but can't reach. Don't be the girls and boys who parade their favorite bands and post countdowns to albums on Instagram to earn digital applause. Be the one who watches films like Memento (2000), unpacks its brilliance in silence, and doesn't feel the need to discuss it with anyone who isn't worth the conversation.

You are not born to chase crowds. You are born to command armies—quietly, tactfully, strategically. Walk alone. Observe more. Speak less. Learn people. Manipulate when needed. That's not evil—it's survival. Because in a world where everyone is screaming for attention, the one who watches silently becomes godlike.

And when they finally notice you, they'll approach like ants toward sugar. That's when the real choice comes. Will you hear their prayers? Or will you walk past them, unbothered, their worship falling on deaf ears?

The answer? It's yours. Choose wisely.

Now then... Do you want to be another sheep in the crowd, or do you want to be a leader?

Do you want to blindly follow trends, or do you want to create your own path?

Do you want to be forgettable, or do you want to be someone who actually matters?

The choice is yours.

Chapter 4: *The Illusion of Friendship – Why Your Friend Circle is Holding You Back*

“ Friends equal to Gods..”

Young adults in India glorify friendship as if it is the ultimate purpose of life. They spend all their time with friends, talking about nothing, engaging in pointless gossip, and wasting their most productive years doing nothing valuable.

Here’s the brutal truth... Most of your friends are distractions, not assets.

They don’t encourage you to think deeper.

They don’t push you to achieve greatness.

They don’t challenge your ideas or force you to grow.

Instead, they keep you locked in a cycle of mediocrity—laughing at meaningless jokes, chasing temporary pleasures, and avoiding any real self-improvement.

For Example... Look at the term "Friendship", as it exists among teenagers and young adults today, is mostly a hollow construction—useful only when treated as part-time entertainment or a temporary connection to observe the shifting tides of a generation. Seen from a neutral, godlike perspective, whether this generational shift is for better or worse is irrelevant. The only value in these so-called bonds lies in gathering data, in understanding where society is headed, not in investing emotionally or spiritually in them.

To elevate your friends to a god-tier level—treating them as people for whom you must suffer, sacrifice, or surrender—is the height of foolishness. Instead, they must be viewed as competitors, with a thin layer of companionship coating the rivalry. There's no shame in having a personal, even selfish reason for interacting with them. I speak from experience.

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As a teenager, I was weak. Pathetic. I constantly tried to impress my friends, even when it meant crossing lines or getting into trouble. I believed, in my delusion, that one day they'd see my worth. But over time, I began to question that belief. If they were truly friends, why were they of no practical use to me? They didn't guide me, didn't stop me when I was about to do something reckless. And later, when the damage was done, they'd act neutral. "We didn't do anything to you," they'd say. "We're cool, right?".

No, we're not. Neutrality in times of danger isn't connection—it's abandonment disguised as indifference. And if that's all they offer, then I owe them nothing either. This is the age where friendship is nothing but a performative facade of trust—meant only to be broken. If you want to survive, think like a manipulator. Use the friendship, but don't get carried by it. No matter how civilized they pretend to be, every human at their core is still an animal. That's the eternal law of nature—and we must never forget it.

Take the example of Jadavpur University. On August 9, 2023, a student allegedly died due to ragging—pushed over the edge, possibly by those he called friends. Does this sound like friendship to you?

Or think of the small headlines you read in the newspaper—where a group of friends gets drunk, commits a crime, or even murders one of their own. One friend kills another in a drunken rage. Is that what we call a bond?

I would say this without hesitation—spending time with a true enemy is better than being in such a friend group. I've observed it firsthand. Random streets, local hangouts—these teen groups engage in nothing but meaningless, cheap entertainment. Five minutes of thrill is all they chase. A group should have purpose, be productive. But here? Logic is absent. Purpose is missing.

So why waste even a second on groups like this—where most of the friends are cheap-minded, especially in India? In contrast, some other

countries have youth groups that build start-ups, launch movements, do something real. And here? Flirting with the girl in the group who pretends to be disturbed but secretly enjoys the attention because she knows the drama benefits her. That's her role—to play victim, create headlines among the cringe youth circle. Or the boys and girls who drink, smoke, and think rebellion means throwing a tantrum against society at 19—while their father funds their every move.

India never dreamt of such a nightmare, but now we live in it. Even in playgrounds, where kids go to play cricket or football—politics, ego, and money infect the ground before the game even starts. That too, orchestrated by the group—brilliantly productive, isn't it? As if they're about to invent something that will shake the generation. No—they just gossip, talk cheap, and impose their influence. Especially the 16-17 year olds who think they've seen the world and now have the right to dominate others.

Every sector where a friend group exists—be it in movements (which turn out to be nothing but

identity-gaining stunts) or casual hangouts (which just burn their parents' money over shallow conversations)—is a big zero.

At this point, even sitting at home and playing video games is far better than engaging with them. If teenagers and young adults don't start thinking smart, practical, and strategic soon—then productivity will become extinct. These groups should be treated as entertainment, nothing more. Focus entirely on the self.

Now Ask yourself... Are your friends helping you grow intellectually, or are they just keeping you entertained?

Are they challenging you to think deeper, or are they just distracting you from serious issues?

Are they pushing you to become a stronger, wiser person, or are they holding you back in immaturity?

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Cut off useless friendships. Surround yourself with people who challenge you, push you, and force you to think. Otherwise, you will remain as weak, immature, and clueless as they are.

Chapter 5: *The Entertainment Trap – How Cricket, Bollywood, and Mass Culture Keep You Distracted*

“ Following the Crowd instead of Questioning them...”

The Mass Illusion

India is obsessed with mass entertainment—cricket, Bollywood, and whatever trend is currently being shoved into people’s faces. If you ask the average young adult to name an Indian philosopher, they’ll struggle. But ask them about the latest cricket match or a Bollywood star’s life, and they’ll talk for hours.

This isn’t an accident. It’s by design.

Mass entertainment is a distraction. It keeps you emotionally invested in meaningless events so you never think about real problems.

It creates a fake sense of unity. People feel connected over cricket but don't care about real national issues.

It prevents self-improvement. Instead of working on yourself, you waste time discussing a celebrity's personal life or a cricket player's performance.

For Example... Observe the youth of today—the teens and young adults of the so-called Gen Z—falling into formation like obedient insects, marching down a path they neither chose nor questioned. They adopt habits not out of discovery but imitation: partying, smoking, drinking, embracing weed not as rebellion but as ritual. It is almost expected, a cultural baptism into adulthood. They flaunt it with pride, as if the ability to intoxicate oneself were equivalent to artistic achievement or political triumph—an Oscar in hand for wrecking one's lungs. Even the young women, who once disdained such behavior, quietly surrender. Surrounded by boys absorbed in this lifestyle, they begin to view this decay as opportunity—a recalibration of attention-seeking mechanics. In their minds, to adapt is to survive.

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The excuse is always the same: "Life is hard." At sixteen.

What a pitiful tragedy it is when self-inflicted destruction is mistaken for courage. Smoking is now valor; drinking, a badge of honor. Yet none among them considers what the mirror will reflect years later—lungs collapsing, organs crying for air, a legacy of disease passed down to offspring. Some even mutter, half-smiling, “I’ll die young anyway.” But why then, were you born? Why emerge into life only to rush toward death? Would you ever look your mother in the eye and say, “Why did you birth me, if I was meant to die early?” This logic is not defiance—it is laziness disguised as fatalism.

The decay goes deeper. Modern trends elevate sexual intimacy to a status symbol—another hollow conquest. But to be intimate, in the eyes of nature, is not play. It is reproduction. That brief pleasure is merely the sugar coating nature offers to mask a higher biological demand. And yet, youth treat it like cheap candy, oblivious to the gravity of what they imitate. They no longer explore depth—they

exploit it, draining meaning from everything they touch. They mistake noise for culture.

Cinema is no different. Masses idolize stars, not substance. The glorification of violence in Indian cinema—sparked by the global success of franchises like John Wick (2014-2023)—has given birth to empty spectacles: Pathan (2023), Pushpa (2021-2024), Baby John (2024), Animal (2023). Even Sonu Sood's Fateh (2025)—a near facsimile of The Equalizer (2014)—was swallowed whole by the audience, celebrated not for creativity but comfort in familiarity. The public no longer questions—they consume. Teens worship these works not as students of film, but as trend-chasers. They flaunt their fandom of Christopher Nolan not for the storytelling, but for social status. They repost scenes from Fight Club (1999), Blade Runner (1982-2017), Taxi Driver (1976), and quote Scorsese and Tarantino like gospel—without understanding composition, subtext, or technique. Some even parade knowledge of Godard's À Bout de Souffle (1960), ignorant of its revolutionary disregard for montage grammar and the very structure of film.

They know ten percent, but perform as if they've grasped the whole universe—cheapening the legacy of what they imitate.

Do you truly believe the original creators would be flattered by this? On the contrary—they would feel dread. Their work was never for the masses. If one day the masses begin to idolize it, something has gone terribly wrong. It means their work has either been diluted or outlived. If you truly loved cinema, you would have watched Mukti Bhawan (2016, dir. Shubhashish Bhutiani), No Smoking (2007, dir. Anurag Kashyap), Ship of Theseus (2012, dir. Anand Gandhi), Morutirtha Hinglaj (1959, dir. Bikash Roy), or Om-Dar-B-Dar (1988, dir. Kamal Swaroop), Mango Dreams (2016, dir. John Upchurch)—films that challenge, not comfort. But you haven't. Because your love isn't love—it's performance. An act for attention, not reverence.

Even anime—a medium once cherished by the few—has been corrupted by the many. What was once sacred has been turned to spectacle. Now,

anime culture is infected with cringe edits, obsessive fanboying, poor-quality dubs in regional tongues, and meaningless Instagram reels.

Lip-syncing "Onii-chan" and "Yamete kudasai" has become more popular than actual appreciation of the art form. Some even generate AI in the style of Ghibli—despite Hayao Miyazaki himself denouncing AI as an insult to human spirit. If you still believe you are an anime fan, ask yourself: Are you celebrating the craft, or turning it into mimicry?

Before the COVID era, Indian anime watchers were few—but genuine. Post-pandemic, when screens stayed lit and minds grew idle, anime became a trend—and thus, lost its soul. Now, those who truly love the genre hesitate to admit it aloud, poisoned by the shame brought on by trend-hungry youth who contaminated it.

The same fate has met every form of entertainment. Cricket, football, even mobile games like PUBG (BGMI), Free Fire (Free Fire MAX), and now FIFA Mobile (EA Sports FC)—all devoured and desecrated

by a destructive mass. You will argue that every nation has its masses. True. But their literacy rates grant them some immunity. Ours do not. Here, ignorance is not accidental—it is amplified. A force that takes beauty and turns it into noise.

Do not misunderstand—liking something is not the sin. The sin is downgrading it in the name of liking it. To follow the masses in a nation where literacy is fragile is to surrender your individuality to decay. If you must love something, love it with integrity. Otherwise, you're not a fan. You're a participant in its downfall.

Ask yourself... Why do you care so much about cricket? Do you actually enjoy it, or is it just because everyone else does?

Why are you obsessed with Bollywood? Do you even know what good cinema is, or are you just conditioned to consume it?

Why do you waste hours following celebrity gossip? Does it make you smarter, stronger, or more successful?

Most people cannot answer these questions—because they have never questioned their habits before. They are so used to consuming what society gives them that they never ask why.

The Addiction to Mindless Excitement

Entertainment is supposed to be a break from reality. But for many young Indians, it becomes their reality. They use cricket, Bollywood, and social media as an escape from their dull, unambitious lives.

Instead of building skills, reading books, or creating something meaningful, they numb their brains with repetitive mass entertainment. The worst part? They think they're passionate about it.

But here's the truth... Real passion creates. Fake passion consumes.

A real cricket lover will analyze the strategy, study the game, and maybe even play it.

A real cinema lover will explore world cinema, study storytelling, and appreciate filmmaking.

A real music lover will understand composition, lyrics, and the industry.

Most young people don't do any of this. They just consume, consume, and consume—without any depth, knowledge, or individuality.

Break free from the entertainment trap. Watch things that make you think. Read things that challenge you. Question everything you consume.

Chapter 6: *The Rejection of Real Knowledge – Why Indian Youth Know Nothing About the World*

“ What I think—that’s the truth...Not ‘What I See’ is. ”

Why Don’t You Read the News?

The average Indian young adult has zero knowledge about world affairs, politics, philosophy, history, or economics. They don’t read newspapers, they don’t study global events, and they have no idea how the world actually works.

But they will passionately argue about the latest cricket match, Bollywood controversy, or Instagram drama—because that’s what they have been trained to care about.

Here’s the ugly truth... Ignorance is encouraged. If you don’t know anything, you can’t challenge the system.

Deep thinking is ridiculed. If you try to discuss serious topics, people call you "boring."

History is ignored. If you don’t understand history, you won’t realize how much propaganda you are being fed.

Most young Indians live in a bubble. They know nothing about global politics, economics, or philosophy. They repeat what they hear on social media without researching anything. They believe whatever is popular without questioning it.

If you ask the average young person about history, they only know the textbook version—the watered-down, government-approved version that avoids real discussions. If you ask about philosophy, they think it’s "too complicated." If you ask about politics, they just repeat whatever their parents or favorite influencer told them.

For Example... Indian teens and young adults, in their perpetual quest for rebellion and convenience, have mastered the art of ignoring—or

worse, mutilating—the original truth. It is a dangerous dance of ignorance cloaked as awareness. Take for instance the modern vilification of Gandhi ji, the father of the nation, and the disturbing glorification of Nathuram Godse, his assassin. A mere super-killer is being transformed into a hero—not by evidence, not by deep thought or research, but by the lazy consumption of propaganda distributed via WhatsApp groups and messages steeped in political agendas. The claim that Gandhi ji slept naked with his granddaughters—an accusation flung around like an easy stone—is accepted without a second thought, while no one pauses to dig into the real context or truth. A generation that should be questioning with intellect has resorted to reposting with impulse. Gandhi ji is swiftly reduced from 'Father of the Nation' to 'Villain of the Nation', all because someone in a digital corner said so. This is the same Gandhi ji, whose death compelled Albert Einstein to write, “Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth.”

So let's accept your assertion for argument's sake—let's say Gandhi ji was the baddest person ever born in India. But before you throw that stone, I challenge you to live like him for a single day. Be completely self-dependent. Rid your mind of violent thoughts. Eat only the food that serves your body and not your tongue. Cook it yourself. And not just any food—prepare it the way Gandhi ji did, adding bitter neem leaves or castor oil to blunt the pleasures of taste, transforming meals into mere bodily fuel rather than indulgence. Follow this exact routine for one day—without allowing yourself the excuse of, "Just a day... after 24 hours it'll be back to normal." Endure the discipline, the silence, the self-mastery. If you emerge from that day without frustration or hypocrisy, then I will accept your accusations against Bapu as sincere.

But until then, understand this: Godse's so-called ideology collapsed in the courtroom under the weight of its own contradictions. His statements lacked reason and coherence. Even history records that later in his cell, he began to exhibit signs of guilt—real, unvarnished proof. And still, teens today dare to call him a hero and Gandhi ji a villain? This

isn't an isolated case of distorted truth—it is a symptom of a broader decay.

Today, in Kolkata, in the heart of Bengal, teens flock toward Hindi, considering it somehow cooler than Bengali. But is Hindi even our national language? The Constitution never declared it so. In fact, India has no declared national language—only official languages. Article 343 states Hindi in Devanagari script is the official language, not the national one. Loving a language is a personal right. But abandoning your mother tongue for no particular reason—especially the language once hailed as the "sweetest language of all time" by UNESCO—is cultural suicide. Ironically, in southern states like Tamil Nadu, Karnataka, and Kerala, speaking anything other than the mother tongue—especially Hindi—is met with stern resistance. Even tourists are compelled to use English or remain silent. But in Kolkata, swayed by the illusion of online Hindi influencers, Bollywood glamor, and the addiction to Hindi serials that spiked during the COVID lockdown, Bengali is being erased. The influx of people from UP, Bihar, and nearby regions has accelerated the transformation. Hindi is being

treated as a holy language, while Bengali—once fought for with blood in Bangladesh—is being treated as disposable in its own land.

And the apathy doesn't end there. Just days ago, I witnessed a teen on the street so engrossed in nonsense that he completely ignored a protester—a man raising his voice over the issue of 26,000 government school teachers losing their jobs due to a fraud committed by the ruling political party years ago. This protester wasn't shouting for fame or money. He was one of the teachers, silently holding papers with his perspective written on them, asking only for attention. No one listened. The teen walked by, cursing on his phone. Other teens passed—same reaction. One girl even insulted the teacher, saying, "I don't care about the teachers... you almost stepped on my shoe, idiot." That's your legacy? That's your empathy? I spoke to the man. He didn't want money, just a moment of your time. But why should you care, right? Your father gives you money when you need it. For dates? Ok. Hangouts? Ok. Parties? Ok. But no time for a man of your father's age crying out in crisis?

That isn't heartlessness. Heartlessness is conscious cruelty. This is idiocy at its peak. While you flood your stories on Instagram and flood WhatsApp statuses begging for views and shares, you can't spare a glance at someone's actual struggle. That teacher lost his job. He doesn't know how to feed his family. He didn't beg. He simply wanted to be heard. You ignored him on his face. That's what you're best at, isn't it? Twisting the truth. Ignoring it. And worst of all, turning it into a cheap action flick: "Dude, you know what happened to me that day?" You tell a meaningless, glorified tale of your own insolence while your equally blind friends laugh at your performance.

If you truly want to be noticed—then be practical, be true. Maybe the masses won't follow you. But the wise, the sensitive, and the educated will be drawn to you—for they seek truth and knowledge over noise and illusion.

How to Escape Ignorance?

1. Read books, not just headlines. News is filtered. Read history, philosophy, and political theory to understand deeper truths.

2. Follow international affairs. India is not the center of the world. Learn about geopolitics, global economies, and history beyond your textbooks.

3. Challenge popular narratives. Just because something is widely believed doesn't make it true. Research all sides of an issue before forming an opinion.

Chapter 7: *The Epidemic of Laziness – Why Indian Youth Waste Their Best Years Doing Nothing*

“ I'll do it tomorrow..”

The Addiction to Comfort

Most Indian young adults are lazy, unmotivated, and physically weak. They don’t exercise, they don’t build skills, and they don’t take action. Instead, they waste their energy on:

Sleeping for hours and doing nothing productive.

Scrolling through Instagram for dopamine hits.

Complaining about life instead of fixing their problems.

The worst part? They make excuses for their laziness..."I’ll start tomorrow." (No, you won’t.)

"I don’t have time." (You have time for Netflix, though.)

"It’s too hard." (Everything is hard at first.)

For Example... Indian teens and young adults are bound to laziness. Most of the time of the day, either they are found sleeping, gaming, doing something cringe or useless, sometimes studying (only because schools exist), or talking nonsense with a friend or romantically interested person over the phone. Such a wonderful life, isn’t it? Time—the very essence of power and growth—is squandered like loose change in their palms. After a few years, some of these very same individuals, who once loved to waste their days in unholy slumber or staring blankly at the ceiling fan, suddenly awaken to a sliver of reality. They realize—albeit too late—that the world is neither gentle nor forgiving. Reality does not cradle you with warmth; it throws you into the storm.

And so, with trembling hands, they attempt to gather skills. They try to turn this decaying root of idleness into a fruit-bearing tree. But alas, when the

root is lazy as hell, what hope can grow from it? Either they excuse themselves with, “Nah, I can’t... forget about it... we’ll see what happens next...” or they inquire with dull eyes, “Isn’t there any other easy option?” Easy—what a treacherous word. It’s the whisper of the weak, the poison of the slothful. What exactly do you mean by easy? Whatever options are presented to you—each one a stepping stone—you discard them with insolent and meaningless excuses. And when confronted with the notion that, perhaps, you should simply sit and wait until work falls on your lap by some magical fairy or divine being, they sulk and mutter, “You’re showing ego to your brother now... okay... will remember this...”

Bruh—when you′re asked about your skill, the only thing you mumble every time like a broken record is: “I’m a good person, but everyone uses me.” As if morality alone could buy bread. And then, when you′re told to work, to earn your place in this chaotic world, you reply with childlike helplessness, “No, it’s too hard. I can’t...” And when you′re told to sit back and wait for a miracle instead, you emotionally blackmail the system. What do you exactly want,

my friend? Why did you even come into existence? Just to sleep all day? To be a mere accident? The shadows of greatness are not drawn by those who slumber.

One of my old schoolmates is a perfect example. He possesses materials I don't even have, yet he's lazier than a stone at the bottom of a well. And it doesn't stop there. From childhood, Indian teens are pushed into several creative lines without their consent by their mediocre-minded parents, chanting dreams like, "My son/daughter will be Picasso, Michael Jackson, or Anjan Dutt one day! Haha!" This is not ambition. It's projection. It's a fantasy that crushes the child under the weight of someone else's delusion. When the child doesn't understand a thing due to disinterest, the next phase of the circus begins—enter the cousin brother or sister who is good at painting, dancing, or something else. They are then forced to guide the children, or worse, do their homework. Drawing class becomes a mockery—homework not of learning, but of substitution. A creative task now executed by someone else, because the child is "busy" studying.

My question to the parents: Why push your children into such pursuits if they cannot meet the mark? If they are not interested at all? Why burden another person with their task under the pitiful excuse of "studying"? This is not cultivating creativity. This is downgrading it to the status of sewage water. Just like those parents who force their children to sing while holding a camera to their faces as if at gunpoint, later posting it on Instagram expecting fake praise like, "OMG so well done!"—only to get cursed by other teens and young adults in the comments who see through the masquerade. This is only the beginning of the corruption. For those children grow up seeing creativity not as a sacred expression, but as an obligation, a punishment, a side act to please others while someone else covers their tracks. They are trained to hide under the blanket of "studying" while others carry the creative burden.

And the result? Inactivity becomes identity. Laziness grows like rot. Outdoor games—once a ritual of physical vitality—are now nearly extinct. In their place, mobile games like PUBG (BGMI), Free

Fire MAX, and EA Sports FC, devour their attention. The servers remain heavy, the minds remain light.

A major proof of how physically and mentally stagnant teens are becoming. Ever go to a shopping mall and enter the game zones like Time Zone in South City Mall of Kolkata/West Bengal, India? Observe. You'll see loads of teens wandering and pressing buttons as if they are conquering empires, but in reality, they're fleeing from even the smallest battle in real life.

Their laziness doesn't end at the body—it has infected their minds. Observe a teen group discussion—what's the most serious topic they can conjure? Arvind Kejriwal memes or test-related rants from school. That's their intellectual boundary. Even when told to do something over the phone—be it a task, a message, a responsibility—they'll only do it when they feel like it. Urgency and seriousness are foreign terms. But tell them to talk rubbish with a friend? They'll do it faster than DC's Flash, but only while lying in bed, scrolling on the phone like a zombie.

Ask them why they are tired all the time—both physically and mentally? They'll answer: Life stress. At sixteen? Seventeen? This isn't moodiness. It's the erosion of ambition. It's pathetic laziness dressed in the robes of pseudo-introspection.

But look at examples of Indian teens who defied this slumber. Tilak Mehta, who at the age of 13 started his own courier service and revolutionized the Mumbai Dabbawala network. Or Kaamya Karthikeyan, the youngest Indian girl to scale Mount Aconcagua. While these teens dared to strive—dared to confront the pain—others sit back and debate which position on the bed is most comfortable for existential dread.

Even those who try, those who have a spark, are often lost in fog. I know a guy with immense potential. But he doesn't know how to execute. Always changing plans. When I ask why, he offers a lame excuse or retreats behind silence, whispering "My work, my rules..." Either he's inconfident, or he's lazy—but more likely, it's both. He builds

castles of ideas but never lays a single stone. Never attempts. Never fails. Because he never begins.

That isn't pure inconfidence—it's a venomous blend of fear and lethargy. "I won't succeed anyway... others are ahead of me... what's the point of trying?" So he waits. Waits for someone else to build the bridge, only to walk over it and claim the view as his own. That's their mindset.

But then look at someone like Ritesh Agarwal, the founder of OYO Rooms. He failed, he fell, but never gave up. He started young, with no privilege or power. He built an empire from zero. Or take Fears to Fathom, a successful horror game created by Indian developers, born right here before they moved to the U.S.—perhaps because they realized the lethargic atmosphere here was stifling their ambition. But that's not the point. The point is—they started. From nothing.

You can't say, "I don't have stuff, so I can't do it." Be honest: "I don't do it because I'm lazy." Accept it. Only then will you ever rise.

Indian teenagers have immense potential. I believe in that. But they are too lazy, mentally and physically, to sharpen themselves. Even in a time where food and groceries can be ordered online, making life easier, they've fallen deeper into comfort. I suggest—no, I urge—they abandon these luxuries temporarily. Step outside the comfort zone. Choose friction. Choose difficulty. From that discomfort, a new self will rise. A version armed not with excuses, but with execution.

Because the world does not wait. And neither should you.

The Harsh Reality... No One Cares About Your Excuses

In the real world, you are either valuable or replaceable. No one will hand you success. If you don't develop skills, discipline, and a strong work ethic, you will be left behind.

Do you want to be average forever? Or do you want to rise above mediocrity and actually achieve something?

How to Escape Laziness?

1. Set brutal deadlines for yourself. No more "someday." Start now.

2. Eliminate distractions. Delete useless apps. Stop wasting time on mindless entertainment.

3. Train your body and mind. Exercise daily. Read books. Build real skills.

Chapter 8: *The Worship of Mediocrity – Why Indian Youth Fear Greatness*

“ He’s Useless!—He’s my Idol...!! ”

Why Do Most of You Idolize the Wrong People?

Look at the people young Indians worship... Celebrities with no real talent.

Social media influencers who sell fake lifestyles.

Average people who did nothing extraordinary.

Where are the intellectuals? The inventors? The thinkers? The revolutionaries?

The problem is Indian culture rewards obedience, not greatness. If you are talented but rebellious, you are discouraged. If you conform and follow the system, you are rewarded—even if you achieve nothing meaningful.

For Example... In the corridors of power—no, not of kingdoms or empires, but of the adolescent psyche—there lies a disturbing pattern, a psychological decay masked as admiration. Observe closely: Indian teenagers and young adults, a generation ripe with potential, often choose their idols not based on merit, intellect, or nobility, but on notoriety, rebellion, and noise. The bully of the class? He becomes their king. The girl who cloaks hate speech in the name of feminism, weaving a web of gendered bitterness? She becomes a queen. The faceless admin of a propaganda channel, spewing religious venom under the guise of faith? Their words are treated like gospel.

It is not merely poor judgment—it is a form of psychological submission. A descent into mediocrity fueled by the illusion of edge. One must ask: have their senses gone dormant, as if their moral compass were on incognito mode, or worse, had suffered a demotion in rank? Their ability to distinguish value from spectacle, depth from display, has seemingly collapsed under the weight of manufactured charisma.

Permit me to recount. There once was a boy in my old school. Carefree in posture, disgraceful in performance. He crafted jokes that bordered on the absurd—worse than the dry Dad jokes of a suburban gathering—yet applause rained on him like he was Caesar returning from conquest. Not genuine applause, mind you, but the hollow claps of empty vessels. He thrived in chaos. Screaming nonsense during serious discussions, interrupting classmates who dared to speak with reason. He lit his influence not with intellect, but with disruption.

And the masses followed.

He smoked after class. Some of his peers smuggled weed into the premises. They were caught, and yet, consequences became badges of honor. The same boy later brought alcohol to school, drank, discarded the evidence, and strutted through the halls like Dionysus. He engaged in explicit conversations with nearly every girl, not in privacy or respect, but in open bravado, shrouded in the delusion that this was charm. The girls who entertained him mirrored his energy, later feigning innocence while basking in the temporary glow of adolescent fame.

Their followers—my classmates—treated this individual as a deity, a superstar. Yet as a student, he was an abyss. Tests were to him what auditions are to reality TV clowns. Attendance became a suggestion. VIVA exams before the boards? Rarely attempted. His result sheet bore the signature of failure in multiple subjects. Still, the masses loved him. Not for achievement, but for the sheer range of notorious acts he dared to commit. This is the taste of our youth. This is the legend they worship.

The system, too, is not innocent. Private schools—particularly the CBSE and ICSE breeds—pose as temples of discipline but behave more like authoritarian states. Rules are suffocating. Some institutions even monitor toilet visits with the rigor of military drills. And in this overregulation, they unleash the ancient law of Reverse Psychology—used by manipulators and psychiatrists across centuries. The more chains you wrap around a mind, the more it writhes to break them. By setting stringent boundaries, schools unintentionally forge rebels—not thoughtful critics, but mechanical contrarians. Thus, the system becomes the sculptor of its own nemesis.

Ironically, the wealthier the school, the more hollow its students. Psychological rebellion brews in marble halls. Government schools, while flawed, at least do not simulate the final boss levels of a video game disguised as education.

Returning to the boy from my past—he wore the mask of rebellion not as a statement, but as a shield. His actions were not the cries of a tortured soul but the cowardice of a hypocrite hiding behind performance. And yet, the blind adored him. His unworthiness was transparent, but their desperation for a symbol led them to raise him high. Fools cheered, and the idol rose.

Now fast forward. Consider the digital downfall of Apoorva Mukhija—also known as The Rebel Kid. Once glorified by teenagers as the voice of "true feminism," her ascent was as rapid as it was unexamined. Her rhetoric, built not on equality but on inversion, taught girls not how to be powerful women of grace or intellect, but how to mimic the worst traits of the most pathetic men—those who treat women as numbers, pride themselves on

intoxication, and measure success in lustful conquests.

Still, the crowd clapped.

Until they didn't.

Few distasteful comments like watching parents being intimate and on private parts or a women's reproductive organs on a trash-fire of a useless show on YouTube—India Got Latents...It was so useless, I too have forgotten its original purpose—and the very followers who built her empire turned executioners. FIRs were filed. Threats mounted both psychological and physical in a large scale. Her digital identity began to evaporate, as if she never existed.

I, myself strongly agree that what she commented on screen was an extremely insolent act out of absurd Idiocy for which she should face legal consequences. But what actually triggered this fury? Was it morality? No. It was a trend. Mob disapproval is the newest fashion. Since 2020, this behavior has blossomed. Follow the crowd, even in rage. Ask

yourself: Did you even feel anger when you condemned her? Or were you simply echoing the herd? Can you recall the exact statement that ignited the scandal? Or are your reactions as hollow as your cheers once were?

History repeats in this pitiful theater. Look at Tirth Raj Prasanna and his novel Lucifer Was Innocent. Teens devoured it, labeled him a genius, and when the mask slipped—even slightly—they became his judges and executioners. Not because they were betrayed, but because their allegiance was never real. It was borrowed. Rented. And returned the moment the thrill expired.

This is not loyalty. This is not intellect. It is idiocy, crowned and worshipped.

Admiration is not a sin. But blind devotion without interrogation—that is the true crime. The moment you raise someone above questioning, you lower your own intelligence. And that, my friend, comes with consequences.

The Fear of Ambition

Most young people don’t aim high because they are afraid. Afraid of failing, of standing out, of working hard. Instead, they settle for mediocrity.

They choose "safe" careers instead of pursuing their passions.

They follow what their parents tell them, even if they hate it.

They fear standing out, so they never take risks.

But here’s the truth... No one respects the average. If you don’t aim for greatness, you will be forgotten.

Chapter 9: *Breaking Free – How to Become an Independent Thinker*

“ अहं ब्रह्मास्मि ”
(I Am The Absolute Reality)

If you have read this far, you have two choices:

1. Ignore everything and continue being like everyone else.

2. Take control of your mind and start thinking for yourself.

Understand this with clarity and without the veil of emotion... Indian teenagers and young adults, the vast majority, are not thinkers or strategists, but blind followers. Their greatest fear is not failure, not mediocrity—but isolation. They tremble at the

thought of losing their peer circle, their fragile web of social validation, as if it were oxygen. They dread loneliness like death itself. But what they fail to grasp is this—being alone, like the lion who stalks his domain with quiet authority, is far superior to blending in with the flock of bleating sheep. Yet, they yield to the pull of peer pressure, intoxicated by the FOMO that social media so effectively injects into their veins.

From a young age, I was not like them. I moved like a chess master, always calculating, always watching. Even in my school days, I sensed the power in understanding the groupthink that ruled the teenage mind. I once tested this principle, manipulating the herd mentality to stage a social stunt. The act, in hindsight, was meaningless and immature—but it serves well as a case study. I spread a calculated rumor: that I was romantically attracted to a classmate. For weeks, I remained in the shadows, studying her psyche. She was the archetype of mediocrity—addicted to social media, idolizing friendships, laughing with excess at the most witless jokes, nursing a teen romance with another boy (orelse how would've the old sweet

teenage school-life romance drama would've been completed right? Pathetic), and parading herself as if she were Aphrodite incarnate. Perfect—an emotional pawn begging to be played.

I began my game with small, psychological gestures—eye contact, subtle smiles, stalking (even on social media). She took the bait. Slowly, rumors began circulating. Then came my second move: I sent a decoy, a trusted friend to her, to “confess” he had overheard me admitting my feelings. The manipulation deepened. I escalated by creating a school meme and confession account on Instagram, targeting her anonymously. Reverse psychology did the rest. She assumed I was the mysterious administrator of that page. She spread the rumors further herself, imagining a hidden admirer lurking behind the scenes. The trap was perfect. I rose in popularity without lifting a finger. When I eventually left school, I revealed it all—a drama, a manipulation, a social experiment fueled by the blind hunger for attention. She did not retaliate. Offended, perhaps. But powerless.

And before the moralists accuse me of cruelty—let us pause. Strong characters, fictional or real, often wield emotional manipulation like a scalpel. Consider Ayanokoji, Johan Liebert, Aizen Sosuke, Lelouch, or Avilio Bruno—each a master of detachment, each using others as pawns without remorse. Robert Greene himself, in The 48 Laws of Power and The Art of Seduction, underscores this principle: use emotion, use romance, when necessary—but never let it use you. The weak will always cry "heartless" when they are outmaneuvered. But the truth is—why should I not use the weak if they insist on remaining so?

Now, consider this hypothetical: what if the girl had individuality? What if she or the other students had questioned the rumors, trusted their own perceptions instead of the collective noise? The plan would have collapsed. But they did not. Because, like most, she and the others lacked self-awareness. And so do you. You join friend groups, assign someone the title of "leader," and follow without thought. You never ask—"Why should I listen to you?" or "Who are you anyways?" You say, "He's my friend, I'll do what he says." If friendship is the new justification

for slavery, then give me an enemy—an enemy who challenges me, questions me, forces me to grow.

As I said earlier, trend-following is the new doctrine of this generation. Something goes viral, and it becomes the gospel. Why? Because you lack the strength to think for yourself. You imitate like parrots, repeating whatever is loudest. Chocolate is the most popular flavor—why? Because it has always been. Childhood taught you to choose chocolate or strawberry. Cupcakes? Chocolate. Sweets? Chocolate bar. And so the sheep march on. Never asking—are there not more interesting flavors? Mango, orange, kulfi, badam, kesar, butterscotch—each rich, distinct, bold. But no. You want what everyone else wants. Because it's safer.

Even economic patterns follow this mindless demand. A chocolate bar that once cost ₹10 and filled your hand now shrinks, overpriced and underwhelming. Why? Because demand justifies exploitation. And demand is driven by unthinking masses. You travel? The same five locations in India or as seen on Instagram locations. You write? The same teenage romance, the same heartbreak

clichés, the same recycled sadness masquerading as art. Why? Because originality is a threat to your comfort. Ask yourself, how old has the heartbreak in love trend is—still it never gets old. WhatsApp Statuses, Instagram stories or other social media platforms are full of useless, half-baked quotes regarding failure in love life, an old trend which flooded the entertainment world and rulling over for a long time. Songs, quotes, movies and mass demand all are in good ammount.

And so I repeat—the choice is yours. Remain bound in the chains of social hypnosis, or rise above. Be the independent, cunning lion who values intellect over approval, unlike the sheeps in the crowds. Your life, your mind, your rules—or the crowd's. Choose.

If you choose the second path, here's what you need to do... Read deeply. Books, history, philosophy—real knowledge, not social media garbage.

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Question everything. Stop blindly believing what you're told.

Reject distractions. Stop wasting time on useless trends.

Build discipline. Train your body, sharpen your mind, and take action.

You have two options

Live as a mindless follower.

Or

Break free, think for yourself, and achieve something meaningful.

Most people will choose the first. Will you be different?

THE PARENTAL ISSUES

Never underestimate the subtle architects of conformity—the parents. While Indian teenagers drown in crowd-thinking and superficial trends, one must trace the roots back to the home. A lion raised among sheep forgets how to hunt.

From the moment a child takes shape, most Indian parents raise them not to think, but to obey. “Don’t question elders,” they say. “Follow what others are doing,” they insist. Individuality is dismissed as rebellion, and silence is mistaken for virtue. In their desperation to appear proper before society, they teach their child the most dangerous lesson: seek approval, not truth.

Example...A boy wants to learn animation, but his father demands engineering—because Sharma Ji’s son is doing it. A girl loves literature, but her mother wants her to become a doctor—because it’s “safe.” These children, once curious and full of light,

slowly dim into grey replicas of each other. When they become teenagers, they follow trends not because they want to—but because they've been conditioned to follow something all their life.

Parental love, though well-intended, often mutates into control disguised as protection. And thus, the cycle continues. A teenager becomes an adult who can't take decisions without a crowd. They drink because it's trending. They post reels because everyone is. They follow influencers not out of admiration—but out of fear of missing out. And all this, because long ago, their minds were never trained to stand alone.

In the words of strategy—what is not sharpened becomes dull. The sword of individual thought is blunted in childhood, and by the time they realize it, they're already slaves to the crowd.

I understand, parents often want their child to be safe at a part of life where no longer they can watch

over, guide or help them. Neither that age will support them, nor their physical or psychological status will. Witnessing their own offspring—a part of themselves only whom they thought everything about life. From how to take the first step to much more complex issues till a certain period or age. That builds a psychological insecurity over both parents and their childrens that somehow they need each other's help and guidance throughout life. And I'm not against that, what I'm against is the minor issues mainly Indian parents make during their children's early ages. The important times of development—both emotionally and physically, which over time escalates, resulting in serious consequences that can be overlooked as a minor issue but it's not.

So, before completely blaming the youth, let's take a look at their training. A soldier who flees the battlefield is not always a coward—**perhaps they were never taught to fight.**

1. *Obedience Over Curiosity: The Death of "Why"*

In Indian households and schools, the most dangerous question a child can ask is "Why?" It signals rebellion, not inquiry. The child quickly learns: don't question, just accept. "Don't talk back" is worshipped like scripture. Original thought is pruned like weeds in a manicured garden. Over time, curiosity dies—not with a bang, but with silent compliance. This is not education. It is conditioning.

For Example... Most Indian parents condition their children to listen and obey without a flicker of doubt or resistance. From ancient times—particularly in the Indian cultural sphere—this commandment has echoed across generations: "Do not argue with your parents. Do not question them. Just obey." The underlying justification is simple and seemingly noble: obedience leads to discipline, discipline leads to gentleness. But what they tragically overlook is that such rigid programming fosters a psychological defect, not a virtue.

This practice, so deeply entrenched in the domestic fabric, extinguishes the very flame that ignites greatness—the instinct to question. Rather than encouraging a child to investigate, to observe, to probe the depths of an issue, they are molded into passive vessels—obedient executors, not thinkers. Like machines, they carry out commands with precision, yet without comprehension. Their minds become sharp only in memorization, dull in originality.

Many philosophers and scientists—those who changed the course of civilization—have pointed to curiosity as the first movement toward brilliance. “I have no special talents,” Einstein once said. “I am only passionately curious.” Socrates, by the simple act of relentless questioning, was seen as a danger to the entire Athenian state. Leonardo da Vinci filled thousands of pages not with conclusions, but with questions.

And yet, in homes and schools across the nation, curiosity is slowly and systematically killed, often under the illusion of guidance. The result is a generation that blindly follows whomever the

majority exalts, for they have never learned to trust their own eyes. Their thinking capacity rests not on reason, but on repetition.

Take, for example, a seemingly benign but deeply symbolic rule in Indian schools: hair must always be kept short. No dialogue. No rationale. Just a decree. The administration's reasoning? "It is a sign of commitment and discipline." But the true thinker must respond: "Then why do schools in developed nations impose no such restrictions? Why is hair—a deeply personal expression of identity—not considered a threat to discipline there? Do long-haired students in Germany or Canada appear less educated? Less refined? Or do they, in fact, appear more self-assured, more authentically human?"

And what commitment are you referring to? Education requires one commitment alone: curiosity. If you mean to demand commitment to the institution, then one must ask: Are you a school or a regime? Am I your student, or your servant?

But this resistance rarely surfaces. The system has done its work well. No one asks. No one challenges. And so, students become efficient assets—valuable to the machine, but valueless to themselves.

Uniforms are thrust upon children without ever teaching the meaning behind them. The result? Two boys from the same school, clad in identical clothing, brawling in the street over petty disputes. You may condemn the boys, but the deeper crime lies with the institution that dressed them in unity but never taught them what unity means.

When asked why they wear the uniform, the answer is brutally simple: “Because it’s the rule.” Nothing more. No question permitted. No explanation offered. And thus, they learn to live without inquiry, without purpose, without self-awareness.

If society wishes to produce humans—not assets, not tools, not flawless servants—then it must begin with a simple but powerful act: teach the child to question. To pause before accepting, to ask why before consuming. Only then will intellect bloom.

But if the goal is to raise silent slaves, then by all means, continue as you are.

I have personally witnessed parents striking their children for the mere audacity of asking "Why?"—not realizing that in that moment, their child was not being disobedient but awakening. That child should have been told, "You asked why. You made me think. I'm proud of you." But no. They crushed the spark, replacing it with silence. A machine was born.

Machines do not ask questions. Humans do. And so they must.

But here's the twist—when these children reach adolescence, the suppressed instinct bursts forth, and in its untrained, chaotic form, it seeks answers through rebellion. Not reasoned rebellion—but reactionary rebellion. A clumsy grasp for freedom. "Don't smoke," they were told—so they smoke. "Don't skip class," and they vanish from lectures. Not out of defiance, but because they never learned why rules exist, or what harm their defiance causes.

They were not taught to discern—only to obey, or to explode. This is basic "Reverse psychology".

This is the price of obedience without inquiry.

So to the parents of this nation, I say this: If you want your child to become independent, intelligent, and truly individual—then teach them to question. Every rule. Every belief. Every command. Let them grow into humans, not into toys with screws and batteries, programmed to nod at every voice louder than theirs.

Because at the end of the day, only a machine never asks why.

2. *Love as Leverage*

The Weaponization of Guilt
Parents, often unknowingly, replace nurturing with negotiation. “After everything we’ve done for you…” is a phrase etched in millions of teenage minds. This isn’t affection. It’s control. Teenagers who feel torn between their desires and their parents′ expectations slowly learn to prioritize sacrifice over self-understanding. Their dreams become debts, not destinations.

For Example…Most Indian parents, knowingly or unknowingly, employ affection and financial indulgence as a subtle currency of control. Love becomes a transaction, and money—a bait. “I bought you that last month without a second thought, and yet you defied us?” they ask. But the question that demands a sharper inquiry is—why should the child obey you? When the only framework of discipline is built upon a material bribe rather than an internalized principle, the foundation is weak. You offered a deal, and the child, driven by natural curiosity and the instinct to

explore, accepted it—and eventually broke it. Not out of malice, but to test boundaries, to feel what disobedience is like. Such impulses are inherent to youth. Had you instead nurtured their understanding of values—clarified why discipline serves their own evolution—they might have hesitated before violating your trust.

Children do not thrive under rigid command. They respond, rather, to the parent who adopts the role of an informed ally—a confidant who respects curiosity while gently molding it into maturity. Yet in the Indian context, this paradigm is often discarded. Many parents take it even further, imposing arbitrary rules from a singular perspective, and when challenged, retreat behind the manipulative veil of, “Remember what I’ve done for you.” Emotional blackmail replaces dialogue. Obedience is extracted not through comprehension but through suppression. Curiosity, choked by guilt, festers until it erupts—manifesting not in healthy rebellion, but in chaos. Take, for instance, the adolescent who finally receives permission to drink at 18—he celebrates not with moderation, but excess. One such real-life example is the Pune

Porsche 2024 crash case, where a 17-year-old under the influence of alcohol killed two people while driving recklessly

In such tragedies, the blame does not lie solely on the youth. It must also be laid upon the parents, who failed not in love, but in wise love. Instead of guiding their children as thoughtful companions, they chose the easier path—control, silence, and emotional barter. And in some cases, their mistakes are compounded by wealth and influence. They manipulate the law, twist justice with bribes, and insulate their children from consequences, denying both growth and accountability. The core issue, however, remains: a refusal to truly understand. Parents often parade their authority under the belief, “I know you completely—you are my child.” But their knowledge is shallow, based more on assumption than empathy. They invoke affection not as a genuine connection but as leverage.

And thus, resentment brews. Slowly but surely, it transforms into emotional estrangement. This is why many parents find themselves abandoned in their twilight years—left in isolation or dispatched

to sterile old age homes, victims of the very emotional repression they enforced. Worse still are those parents who deliberately counter their child's voice, believing contradiction itself is wisdom. When a child comes home abused by a tutor, crying, begging not to return, many Indian parents wave it away, claiming "this is how learning happens." The result is predictable and tragic: years later, that same child becomes a classroom tyrant, believing force is the only language people understand.

My message to these parents is direct, and uncompromising—either commit to understanding your child or abstain from the act of parenting altogether. For to raise a mind and then break it under the weight of guilt and ego is far more ruinous than never having tried. The child is not your reflection to perfect, but a flame to nourish. Let it burn with questions, not suffocate in silence.

3. *The Comfort of the Crowd: Worshipping Conformity*

A teen in India learns early: it's safer to be average in a crowd than exceptional alone. Everyone wants to be an engineer, doctor, or IAS officer—not always out of passion, but because it's socially acceptable. School toppers are celebrated, but thinkers are ignored. Youth is herded like livestock toward pre-approved "success" templates. Individuality is quietly buried beneath applause for sameness.

For Example... Most Indian parents, in their misguided wisdom, attempt to shield their offspring in the battlefield of life not with courage or insight—but with the armor of conformity. They hide their children behind the crowd, mistaking safety in numbers for strategy. "My son desires to be an artist," they say, "but I compelled him into engineering." "He dreams of writing," they admit, "but I've made him pursue medicine." Why? Because, they argue, the latter professions provide reliable revenue, a fixed monthly income. The arts, on the other hand, are treacherous terrain. But what

they fail to see—or deliberately ignore—is the slow death this forced path inflicts upon their child's intellect, curiosity, individuality, and innate talents. "It doesn't matter," they scoff. "My father denied me the same dreams—so shall I." In their worldview, choosing passion as a profession is not freedom—it is rebellion. A sin.

What a philosophy to live by. Contrast this with the Japanese, who speak of Ikigai—a concept embedded deep within their cultural consciousness. It means to do what one loves in a productive and meaningful way, harmonizing passion with sustenance. It is the key to both fulfillment and stability. But in India—a nation that has long deified the commercial professions and vilified the arts—such an enlightened approach holds no ground. Artistry is dismissed as a distraction, starved of respect, whether by politics or the pursuit of government employment. Ikigai is crushed under the iron heel of pragmatism. And so, young minds, stripped of their essence, become passive recipients of whatever the system chooses to feed them—like beggars at the gate. Only, beggars still retain their

individuality. These children, molded into commercial workers, do not.

The inevitable consequence of this cultural sabotage is the blind idolization of false prophets—Tirth Raj Prasanna, Apoorva Mukhija, or worse, the classroom bully elevated as a role model. But this is no accident. It is the rotten fruit of a tree whose roots were poisoned the moment individuality was sacrificed at the altar of obedience. Another pernicious trend that follows is the cruel comparison game. “Your classmate outperforms you. Your cousin is more intelligent. The neighbor’s daughter is smarter still.” But what relevance do these outsiders have to your child’s life, sir? These individuals, too, are imperfect—each with flaws, some greater than your own child’s. Yet, fairness is not the aim. If it were, you’d say, “You surpass them in this area, and they fall short in another.” But you won’t. Because your true goal isn’t your child’s empowerment—but control. You seek to remake them in your image, filtered through the lens of envy and narrow ambition.

This is manipulation at its most insidious. Despite knowing every human being is born of different genes, shaped by unique experiences, Indian parents persist in measuring their children with rulers meant for others. Would you dare compare Rabindranath Tagore with Kazi Nazrul Islam? Satyajit Ray with Akira Kurosawa? Mukesh Ambani with Gautam Adani? You would not. Because each mastered his own domain through distinct styles and strengths. So why reduce your children to numbers on a ledger of forced comparison? Let them bloom in their own season. Do not pose as their guide—be their ally. Assist them. Understand them. Teach them not through coercion but through companionship. Above all, do not deform them into passive echoes of your frustrated dreams. That, dear parent, is a far greater sin than any misstep a teenager may commit.

4. *The Culture of Silence: Shame as Education*

Discussions about mental health, sexuality, trauma, and desire are met with cold silence or hot shame. What isn't discussed is dismissed. A teen navigating the chaos of adolescence is left to whisper their deepest confusions into the void. What they don't know, they fear. What they feel, they hide. And what they are curious about, they're taught to feel guilty for.

For Example... In the great irony of modern Indian society, the very land that once birthed the Kama Sutra—a meticulous and philosophical exploration of intimacy—is now cloaked in shame and silence when it comes to even the most basic conversations about sex. Indian parents, in their quest to preserve tradition and modesty, fail to understand the long-term damage of suppressing such a fundamental human topic. From an early age, the word "sex" is demonized, declared taboo, as if curiosity about one's own biology were a sin. Consider the television advertisements—those

fleeting glimpses of condom commercials. A child, curious and innocent, might inquire about what they've seen, only to be met with a rapid change of channel or the dismissive phrase: "It's nothing for you to worry about." Thus, a seed is planted—not of understanding, but of ignorance shrouded in shame.

When puberty strikes and words like "condom" or "masturbation" begin to circulate among peers, these once-dismissed fragments of information transform into jokes, memes, and innuendos. Humor becomes the only socially acceptable lens through which to view the unknown. No child dares ask again. They internalize the shame, bury their questions, and navigate their transformation in solitude. While it is true that every subject has its time, evasion is not wisdom. Had the parent said instead, "We will talk about this when you're older," and then actually followed through with a natural, calm explanation—how different things might be.

In this vacuum of knowledge, romance becomes hyper-sexualized, and the act of sex is reduced to mere pleasure, stripped of its purpose or emotional

context. To the misinformed, sex becomes not a human experience but an addictive sensation—a kind of neutral medicine sweetened with a cherry on top. The act created by nature for any animal or living being to reproduce and regenerate their species in a continuous cycle becomes an excuse for pleasure in no time. This distorted perception paves the way for greater dangers. When young men begin to sexualize women for no reason, when crimes such as molestation or worse occur, society is swift to crucify the perpetrator, as it should. But who created the void? Who left these young minds unequipped to handle their desires, urges, and confusion?

Take any real-life incident of sexual misconduct or Rape involving underage or even matured (once a misguided teen obviously) individuals, and you'll often find not a monster, but an uneducated, misled adolescent whose understanding of intercourse was shaped not by truth, but by silence and internet fallacies. For example take the 2012 Nirbhaya Case from Delhi, India. Where between the six accused a 17 years old boy was there too. Shocking isn't it? Masturbation becomes a comedic horror show

among friends because they were never taught its reality, only its taboo. That internal turmoil—the tingle of unfamiliar urges, the fear of approaching a parent, the dread of being judged as "immoral"—becomes a torment that leads them to stumble through the shadows alone. In that darkness, they either find answers in harmful places or retreat into mockery and confusion.

The responsibility, then, must be shared. To blame only the youth is intellectual laziness. Indian parents, who fear discomfort more than damage, are complicit in cultivating this ignorance. Films like OMG 2 (2023) apart from the religious part, often dismissed for their bold content, carry within them an urgent truth: Sex education is not optional. It is essential. If not taught at home, then at school. If not formally, then through honest dialogue. For without it, the act becomes reduced to entertainment, and children become prey to the very urges they don't comprehend.

If you ask "Entertainment How ?", then I must say that most of the Pornography websites are being visited daily by Underaged individuals in disguise. A

study by Common Sense Media found 58% of Indian teenagers (mixed with intentional and unintentional) reasons are browsing on Porn sites. Even an McAfee survey found that 54% of Indian parents found their children wandering into Adult movie websites meanwhile a 2023 report states the minimum age an Indian teen is exposed to this media is just 13. Why? Because in the absence of proper knowledge about Sex, it's value came down to only being a form of "Entertainment" for self satisfaction. Yes, it may be uncomfortable to discuss sex. Yes, it may feel improper in a home steeped in ancestral decorum. But discomfort is the tax one pays for clarity. And clarity is the foundation of control. Until Indian parents embrace this truth—until they emerge from their fortress of denial and engage their children with knowledge instead of shame—the cycle will continue. Pleasure will overpower purpose, and ignorance will birth more victims. It is not too late. But it soon could be.

5. *Comparison as Culture: Worth by Numbers*

As I discussed earlier the case of Comparison in Indian households. “Sharmaji ka beta” is not just a joke—it’s a generational curse. Teens are judged against their cousins, neighbors, or someone’s son who cracked JEE Advanced. Individual progress is irrelevant unless it can be weaponized in comparison. This environment doesn't breed ambition; it breeds insecurity and performance anxiety. Eventually, teens don't chase dreams—they chase applause.

For Example... In the grand theatre of power and control, one of the most insidious tools ever wielded by Indian parents is the art of comparison. Cloaked in the illusion of encouragement and the hollow promise of perfection, they do not seek to raise individuals but to mold obedient subjects. Not out of love, but out of control. From the earliest stages of life, they turn comparison into a quiet manipulation—a dagger sheathed in smiles. When they compare their own child to the obedient

neighbor's son who nods at every parental command, they are not guiding; they are conditioning. The child, eager to reclaim approval, becomes a performer, not a thinker. In this pursuit, their originality is sacrificed on the altar of parental pride. Their intellect dissolves. Their curiosity, once alive and untamed, now obeys the command of conformity. Comparison, in its essence, is not motivation—it is domination.

I remember my own parents once allowed me harmless mischiefs. They recognized the value of unrestrained curiosity—the type that births inventors, writers, rebels. But in today's climate, that same flame is often extinguished with a phrase: "Why can't you be like them?" The manipulation is subtle yet devastating. In seeking a child's submission through comparison, what is gained? A silent, obedient mind? Or a soul crushed beneath the weight of never being enough?

This manipulation culminates in chaos. Children who are pitted against one another grow not in intellect but in rivalry. They do not strive to learn—they strive to win. I once witnessed a scene

so grotesque in its subtlety, it exposed the dark psychology of this comparison trap. Two children were forced by their parents into a drawing competition, the victor promised a chocolate-flavored ice cream bar—a Chocobar. Predictably, the contest descended into jealousy and rage. Their creative expressions, which should have been nurtured, became weapons. Their drawings torn apart by each other, their minds filled with anger, all for a petty reward. And the parents? They laughed. “They are just kids,” they chuckled, blind to the damage they had orchestrated.

Creativity, an act of pure expression, was degraded to a battlefield for validation. I stepped in. I gave both children a Chocobar. I told them they were both winners—not because they obeyed a contest, but because they dared to create. And yet, the same parents who laughed now objected. “That’s cheating,” they said. “Choose one. They must learn to compete.” I said nothing more. There is no use arguing with fools who worship competition more than growth.

But this is merely one face of the monster. In darker corners, comparison has led to much worse. For instance, take the case of 17-Year-old Karthik (name changed to protect the original identity under Section 74 of the Juvenile Justice, Care and Protection of Children ACT 2015), who murdered his classmate in 2023 due to deep-seated jealousy born from years of being unfavorably compared at home and school. The boy's academic failures were contrasted constantly against the victim's success, ultimately igniting violent impulses. Such acts do not emerge from thin air—they are seeds planted by years of unchecked comparison, watered by silent resentment, and bloomed into tragedy.

And yet, when the consequences surface—be it fractured relationships, broken spirits, or even violence—the very hands that nurtured these toxins retreat with the convenient shield of denial: "Don't blame us." They step away, innocent in their own eyes, despite having set the stage.

To those parents, I offer a message. If you wish to raise disciplined, thoughtful individuals, do not reach for the sword of comparison. Reach for the

hand of friendship. Let your child question discipline; let them wrestle with curiosity. If your answers are sincere, they will follow not because they must, but because they believe. That is the discipline that lasts.

But if your addiction to comparison is incurable, then at least have the decency to do it with dignity. Compare Isaac Newton to Albert Einstein. Compare Agatha Christie to Sharadindu Bandyopadhyay. Elevate your foolishness to the level of legends. That, at least, will make your absurdity complete.

6. *Outdated Education, Infinite Pressure*

Indian schools often force-feed outdated textbooks and irrelevant syllabi with military rigidity. Meanwhile, the pressure to succeed in board exams and competitive entrances creates intense burnout. There's no time to explore, to play, to think. The brain becomes a pressure cooker of rote learning. And when it eventually explodes into rebellion, parents wonder what went wrong.

For Example... Most Indian institutions of schooling are built upon a framework deceptively simple in appearance—short, near-bald hair; a strict uniform (imposed not for unity, but for control); polished shoes (even if worn by the most repugnant bully), and an all-consuming obsession with completing a syllabus. Comprehension is secondary. Understanding what you study? Excellent. Failing to? Still excellent. You are merely expected to memorize and regurgitate it upon examination sheets. Do so, and you shall earn scores worthy of superficial applause. Thus, you become the ideal societal commodity—ready to be consumed,

discarded, or paraded, depending on need. In this arena, questioning is not forbidden—it is blasphemy. The system does not simply discourage curiosity; it anathematizes it. You are here to obey, not to inquire. And this, dear reader, is no accident but a design inherited from a colonial past. A system crafted meticulously during the British occupation—meant to produce compliant workers—has survived the flames of independence without question, like a ghost still haunting a free nation.

Expression in schools is but a theatrical illusion. A drama performance? Discipline. A poetry recitation? Discipline. A drawing competition? Discipline. One must ask—what is this discipline they so revere? The answer is deliberately withheld. So let me offer you one: it is censorship masquerading as order, not unlike the Indian Censor Board silencing a director's vision under the guise of "public morality." Schools perform the same crime, suffocating individuality in the name of decorum. And the result? Quality that nosedives below zero, plunging into the negatives. Participation in school activities becomes not an expression of creative fervor, but a shallow

performance—a craving for applause, for momentary on-stage validation. And teachers allow it, even encourage it. Why? Because it is the script they know best.

Decades ago, Rabindranath Tagore rebelled against this mechanical model. He established Shantiniketan (Since 1901) in West Bengal, India—a sanctuary built upon the ideals of expression, individuality, and natural curiosity. Its philosophy stands in stark opposition to the commercial schools of today, which feed off entrance fees and thrive on parental compliance. Films like 3 Idiots (2009) or Taare Zameen Par (2007) scream at us to treat education as life, not punishment. Yet, nothing changes. For all the progressive cinema we produce, the monthly wages and admission fees remain the true gods of the educational temple. And once they are paid, the child is reduced to property—your responsibility, not theirs.

Worse yet, many of these rules—these iron-clad "disciplines"—achieve nothing. Rather, they ferment rebellion in absurd forms. I've seen students, especially bullies, engage in reverse

psychology: bursting Diwali firecrackers in school toilets in the name of protest. And what does the school do? It pounces, calls parents, launches disciplinary campaigns. But who, I ask, calls their parents? Who questions the foundation of these schools and the rot that festers within? Years ago, I was falsely accused of misconduct by my old institution—innocent, yet scapegoated. I waited. And when the moment arrived, I retaliated—not with violence, but with silence. I refused to click a single photo on Sports Day, despite a hundred desperate pleas from my old School. Revenge, perhaps petty, but poetic. Talking about Sports day, I must say how useless most of the School's Sport Days are. They have so little amount of talent to portray that most of their tournament goes on by the excuse of March past (a parade) led by highly egoistic yet dumb individuals who have no connection with the ground or field in real life. No cricket tournaments, No football matches. Only shitty races with strange and absurd rules sometimes (e.g. holding a biscuit in mouth or solving a maths equation). Of Course, the institution staff knows, the students run all day in the corridors right? Let's portray that only as a tallent

through making half of the Sports tournament a Race tournament in disguise and the other half a portrayal of useless parades. As per i remember my old school never arranged a proper Football or Cricket tournament with other schools or between their own students either. Yet this is not the issue. The issue is the futility of their mechanisms—their techniques fail over time, yet parents cling to them with blind faith. Why? Why not demand answers on behalf of their silenced children?

These children, raised to submit, are never taught to question—not in school, not at home. But if the children cannot, should not the parents rise? Much of what students are taught is diluted, abridged, or simply false—embedded with political propaganda. Take my own experience: in Grade 12 CBSE history, I remember that I studied the Mahabharata as a

historical chapter. The justification? To examine the period's societal structures and ideologies. But the content betrayed the excuse—it fixated on characters, not authorship. The pretense of "historical analysis" crumbled under the weight of

its true intent: a political message masquerading as education.

Moreover, I have witnessed darker realities. Physical abuse within school walls. One of my classmates was violently assaulted by a teacher. Justice was served—the teacher was expelled—but what shook me most was that some parents supported the assailant. Do you not comprehend the madness? What if it had been your child? You worry about a teacher losing their job—understandable. But then should not that teacher have considered the consequences before unleashing personal rage, perhaps born from domestic strife, upon a student? A school is not a battlefield for emotional venting. Children are not punching bags. Though corporal punishment is now outlawed, its ghost still lingers in certain institutions. I implore all parents: report these places, expose them, file complaints. The law, at least, does not distinguish between teacher and

student—it sees all as equal. Trust in that, and do not tremble before false authority.

Teach your children to be curious. Let them ask, challenge, seek. Curiosity is the genesis of all true learning. Yet even this, schools neglect to nurture. I knew a guy once from DPS Kolkata, India. He was sweet, perhaps not overtly kind, but genuinely gentle in a world of thorns. In 2023, Around September—He ended his life by a jump from the school's terrace itself. The cause? The pressure of failure. He feared her academic shortcomings, feared disappointing a system that measured worth in marks. His Parent's claims confirmed what we all suspect—this was not just personal weakness. It was systemic failure. Two of the school tutors scolded him very harshly for not being able to complete a project—and none offered true support. And now he is gone. Forever. The system who created such tutors, though, survives. That is the tragedy. Education did not save him—it destroyed him. And he is not alone.

There's another case where an 16-year-old girl from Kolkata's Burtala area took her own life by jumping

of a five-storey building apartment where she attended private tutions. A suicide note suggests she

was under mental stress due to academic pressure. Also take the case from November, 2024 where a Class 9 student in new Barrackpore reportedly took her own life by jumping off from fifth-floor roof of her apartment building. It was Just over an argument with her mother of using excessive mobile phones for stress relief during study hours.

Rest of World and the System will keep moving. But what about these lives who lost the chance to live just due to an immense pressure created under the disguise of the same thing which defines life itself—Education?

I know many students who fear education, not because it is difficult, but because it has become a symbol of suffering. Is this the intended outcome? A curriculum that crushes the soul while parading the corpse of literacy? If that is the goal, then I say it is better to be proudly illiterate than to possess a certificate that robs you of your will to live.

This is my final plea—not just to parents, but to students. Do not fear learning. Be inquisitive. Feel it. If a person or institution demands your obedience without offering understanding, sever all ties. Escape the radius of such tyrants. That is the only rebellion worth waging—and the only freedom worth claiming.

7. *Role Model Hypocrisy: Do As I Say, Not As I Do*

Teens watch parents curse corrupt politicians and then pay bribes themselves. They hear speeches about honesty but see lies told to relatives. They're told to respect time but wait endlessly in disorganized government offices. This everyday hypocrisy kills their respect for authority, but leaves them no alternative. So they either comply half-heartedly—or disconnect entirely.

For Example... Many Indian parents, in their shortsightedness, behave impulsively and irrationally before their offspring, yet paradoxically expect these same children to blossom into paragons of maturity and wisdom. This is a folly of the highest order. What you inscribe on paper, what you dictate from books, means little in the realm of influence if your own actions contradict the lessons you claim to impart. Children are not blank slates to be filled with idealisms—they are observers, keenly attuned to hypocrisy. I speak from the crucible of personal experience. As a youth, I questioned my

parents frequently, not out of rebellion, but because their actions rarely aligned with the virtues they extolled. When confronted, they did not lash out in ego or defensiveness. Rather, they confessed—with a candor rare in adults—that they indeed believed in those ideals, but had fallen short in embodying them. They wanted me to ascend where they had stumbled. That admission, that naked vulnerability, became fuel. It did not lower them in my eyes; it lifted me in purpose. I became resolved to surpass them, not out of arrogance, but out of duty—to realize the vision they could not.

And I am not an exception. All children absorb more by observation than by instruction. If parents lose control of themselves, yet obsess over whether their child is "listening," they miss the entire point—children watch. They emulate. I know a friend—young, but already ravaged by the decay of his lungs. He coughs violently, blackened mucus spilling from him, a grotesque testament to habitual smoking at an age when vitality should still be on his side. The cause? His father—a chain smoker—his role model. The father now sits with regret carved into his face, but the damage is already writ into his

son's physiology. This pattern is not rare; it is disturbingly common. Most of the young adults I know who have succumbed to smoking were bred in households where smoking was not condemned but silently endorsed—by example, by exposure, by the quiet acceptance of self-destruction. Some even wear it as a badge—"My father knows I smoke," or worse, "My mother and I smoke together occasionally." This is not boldness. This is generational erosion disguised as pride.

Forget ethics for a moment. Think physiologically—what will your lungs resemble at seventy if this is the path you choose? And if your retort is, "Everyone dies someday," then ask yourself—why be born at all? Why not hasten death if that is the only certainty you respect? I witnessed something remarkable on the street today. A man, smoking, caught the gaze of a young boy. Instead of ignoring it, he smiled softly and said, "Hey buddy, it's not good to be around when adults are smoking. Can you go and play over there for a bit?" That small gesture—an act of consciousness—revealed more wisdom than all the moral lectures I've heard. He knew the roots of addiction are often planted

passively, years before they bear fruit. He owned his flaw, but refused to let it replicate. If the boy one day chooses to smoke, let it be by volition, not by psychological inheritance.

Alcohol tells a similar story. Many Indian parents drink in the presence of their children without context or caution, unconsciously constructing a myth around drinking—that it is glamorous, liberating, or rebellious. But the issue is not the act of occasional drinking; in many foreign cultures, parents demystify alcohol by introducing it with nuance, in controlled doses. They reduce its lure by stripping away the taboo. Hence, drunken fools are a rarer spectacle in the streets abroad than they are here. Our problem is not the exposure, but the lack of dialogue, of structure, of example.

The same pattern emerges with abusive language. Teens now sling obscenities with pride, but no one questions the origin of this rot. Conveniently, the blame is dumped on “bad company.” But let us examine closer: how often have you heard your own parents curse politicians or neighbors, degrade others in moments of anger, all while believing

themselves morally upright? This is not harmless venting; this is a blueprint being drafted in the child's mind—to curse is to rebel, to degrade is to resist. And in the name of resistance, teens now unleash slurs, even sexual obscenities, thinking this makes them bold, when in truth, it makes them hollow.

The tragedy is not the lapse in behavior—but the refusal to own it. My parents were flawed, yes. But they had the rare strength to admit it. They said to me: be better. Be more. Leave a legacy that overshadows our failures. And in that invitation, they transferred their unrealized dreams to me not as a burden, but as a torch. Unfortunately, most parents refuse to kneel before their children in truth. Ego forbids it. And thus, the erroneous becomes normalized. The wrong is coded as right. The descent becomes systemic.

This is how chains of dysfunction form—one generation molding the next in its image, all the while believing they are sculpting saints. My appeal to parents is not to be perfect, but to be conscious. Either embody virtue in your actions, or, when you

fail, explain that failure. Speak truthfully. Say, “I erred, but you must do better.” Don’t shroud immorality in authority. We are all fallible, like the beasts of nature—but unlike them, we have the capacity to reflect, to admit, to recalibrate.

Even the smallest behavioral acts matter. Consider the common Indian household practice of beating the wall or ground when a child injures themselves accidentally—to soothe the child by punishing the inanimate. “See? I hit the wall. Bad wall!” This might silence the child, but it injects a poison far more lasting—violence as comfort, blame as solution, innocence as guilt. It teaches the child to externalize fault and internalize powerlessness. It breeds humans who, when grown, cannot discern justice from vengeance, guilt from innocence.

Let the child cry. Let them feel pain. It is temporary. But do not teach them to mask pain with illusion. For that is how weak men are born—men who shout at shadows and strike at walls, instead of confronting truth.

This, then, is the ultimate law of legacy: the child will not become what you preach. The child will become what you are.

8. *Image Over Essence: The Religion of Appearances*

Society judges teens on what phone they carry, what college they got into, how "settled" they are by 25. Self-worth becomes a number—of marks, salary, or Instagram followers. No one asks who you are. They ask what you are. The obsession with status over substance creates young adults who know how to dress for interviews, but not how to think independently.

For Example... In every tightly-knit circle—be it a school group, a professional network, or an inner court—there exists a hidden hierarchy, an unspoken law of attraction dictated not by virtue, but by illusion. Imagine, for instance, a school group with its usual dichotomies—two girls, two boys. One of the boys is, by all accounts, genuinely good-hearted, a so-called "nice guy." But his virtues lie buried beneath the soil of mediocrity: he is neither handsome or wealthy, neither flamboyant nor a flirt. He embodies sincerity, a trait that in theory should be admired. But theory crumbles

before the court of human nature. The other boy—charming, well-dressed, with a wealthy father who funds his glittering lifestyle—is the polar opposite. Handsome, charismatic, and draped in the language of lust, he uses women not as partners but as objects. Yet it is to him that the gaze of the girls inevitably gravitates. Not because he is good, but because he is polished. Society, like moths to flame, is drawn to appearances.

People do not judge the machinery of the soul; they admire the casing—the case of the phone, not the model inside. The world does not reward authenticity unless it is cloaked in splendor. You can be intelligent, insightful, kind—but if you do not shine, you remain invisible. If you appear dull yet act with brilliance, you will likely be forgotten. Appear bright but act dull? You will be embraced. This is the immutable truth of power and human behavior. Consider the film industry: a director armed with a commercially solid script, a revenue-guaranteed plan, and personal funding becomes a magnet for producers. Meanwhile, another director—perhaps more innovative, brimming with experimental genius, yet lacking

the gloss of money or commercial appeal—is dismissed as a risk. The gatekeepers of power do not seek substance; they crave assurance. Thus, it is not brilliance that succeeds but the illusion of brilliance.

You speak in a foreign accent, dress well, and maintain flair—you are deemed important. You speak with clarity, act like a fool, but possess depth—you are a zero. Look at Bollywood. Rajpal Yadav, a brilliant actor, spent years imprisoned in the cell of comedy, underestimated for his looks and tone. But in Apurva (2023), he shattered those chains, revealing his emotionaly depth, dark and villainous side with a extremely well control over his charecter. Govinda, forever seen as a comedic figure, stunned in Mani Ratnam's Raavan (2010), where he played a grim, intense role far removed from his usual persona. Yet, these were rare exceptions—fleeting moments when the mask fell off and the industry accidentally glimpsed their true capabilities. The system judges the packaging, not the product.

Now ask: why is Rabindranath Tagore revered? His voice, high-pitched and shrill like a girl's, did not win hearts. It was the Nobel Prize that sanctified him. Before that, he was barely known both in the country and internationally. And what of Stephen Hawking? His physical limitations did not define him—his theory on time travel and astrophysics did. Yet these are mere outliers—those rare few the system could not ignore. But what of the countless others who had potential, who still have it, but remain unrecognized? They are shadows. Forgotten.

Today, people invoke Chanakya. But he was born in a time when India still held education as sacred currency. And yet, even he is misrepresented. Book covers of "Chanakya Niti" or "Arthashastra" depict him as a clean-shaven, handsome bald man in middle age—a complete fabrication. In reality, Chanakya was described as dark-skinned, wiry, with a ragged beard and sharp, sunken eyes—a man whose intellect could shatter kingdoms, yet whose appearance today would be mocked by the standards of glamour. Even our mythology feeds this bias: in the Ramayana, old, bent, ugly women

were frequently cast as evil. Commercial folklore tells us demons are grotesque and angels are fair. Then what of Griffith or Johan Liebert? Or even Aizen Sosuke? These figures, undeniably elegant in appearance, are architects of chaos and manipulation. This duality is the core hypocrisy of perception—the fair is trusted, the flawed is feared.

And on our streets, this indoctrination begins early. Parents warn their children not to play with the poor. “They are dirty,” they say. “Study, or you’ll become like them.” This is not moral instruction—it is the subtle, corrosive doctrine of nihilistic racism disguised as wisdom. The lesson isn’t virtue but vanity. Work hard, or you’ll look poor. The truth is, appearances have become a form of caste.

Even height is weaponized—short people, especially in hierarchical settings, are often belittled. Consider Ishwar Chandra Vidyasagar: a man of formidable intellect and ego, who spearheaded the Widow Remarriage Act in a time of oppressive orthodoxy. What could not be defeated in debate was attacked in mockery. People whispered behind his back—“bald,” “shorty.” Why? Because they knew

they couldn't match him in reason. So they turned to what society always turns to—mocking the physical.

But ask yourself: what has his baldness or height got to do with widow remarriage? Nothing. Yet the insult became the easiest weapon. And yet Vidyasagar, in his stoicism, did not react—proof of a character far beyond the reach of common pettiness.

So, to the parents of the world, teach your children to value the Honda that paved the way to the BMW or Mercedes. Teach them that simplicity precedes greatness. The shiny trinkets sold at footpaths are cheap for a reason—they are common. True power lies in the unseen, the unadorned. And that is why most famous personalities, when captured in their rawest, unfiltered states—at home, on the street—appear simple. Not because they cannot afford luxury, but because they no longer chase it. As I have said, it is easy to find shiny things. It is rare and often infinitely more rewarding to discover what lies beneath the dull exterior.

9. *Inherited Fear as Wisdom*

Parents project their own failures onto their children with phrases like “The world is tough,” or “It’s for your safety.” In truth, it’s for their own comfort. What is sold as concern is often cowardice, passed down like heirlooms. Risk becomes dangerous. Ambition becomes impractical. Fear becomes tradition.

For Example... Many parents, in the quiet chambers of their own regret, attempt to mold their children's future through the lens of their own past failures. This, in its most benevolent form, may appear as guidance—a protective hand shielding their offspring from the perils of the unknown. But protection, when taken to an extreme, mutates into a form of control cloaked in concern. There lies a subtle tyranny in overprotection: the erasure of a child’s ambitions beneath the weight of inherited fear. Parents, often unconsciously, transfer their anxieties to the next generation with haunting phrases like, “See me, I tried too, just like you. But I couldn’t succeed... and neither will you.” But what

entitles them to such certainty? What irrevocable truth have they uncovered that allows them to predict failure with such finality? The fact remains—genetics may bind parent and child, but the soul, the will, the mind are sovereign. A child is not a second edition of their parent's manuscript of defeat. To assume that one's offspring will repeat the same missteps simply because fate decreed it once, is to misunderstand both fate and human potential entirely. Take Mahendra Singh (MS) Dhoni as an example of someone who chose his passion to be a cricketer over the career urged to him by his father which was being at the Indian Railway service line. Or even take Kautilya Pandit as another example of someone who chose to pursue a goal of learning as much as vast amount of informations as he can instead of choosing a conventional academic route. Even though these individual's parents were worried about them too, still deep down they trusted in them and that trust paid off with their success in the path they chose by passion, not a choice made out of force.

In the complex landscape of India, multitudes thrive in diverse fields—some conventional, many

creative. And yet, so many parents narrow the vision of their children to a singular path, often not out of malice, but out of fear disguised as pragmatism. What these children ask for is simple—acceptance. Not blind support, but the kind of belief that allows them to breathe within their own dreams. What they receive instead is fear, fear gifted as inheritance. The fear of failure, of instability, of hunger. And in that moment, a child trades his dream for security, his passion for practicality, and his voice for silence.

Regret, however, is a ghost that visits most lives—but it screams loudest in old age. I have witnessed my own grandfather, my father's father, weep in his final days—his tears not born of physical pain, but of a life unlived. He had once dreamed of becoming a lawyer, yet surrendered to the comfort of the familiar, the safety of what was expected. That unfulfilled desire haunted him to the end. I know another—a student of medicine, a supposed noble path. Each day, he laments a choice not his own, a career shaped by his father's ambition, not his own heart. He speaks often of art,

of creation—fields where his soul resided, but never got to flourish.

Films like Udaan (2010) are not just fiction; they are reflections—allegories of how parental authority, unchecked and unexamined, morphs into oppression. In such households, escape becomes the only liberation. Children flee not from duty or discipline, but from a slow suffocation of spirit. And society mourns the runaway child, without ever asking why they ran. Even in real life when a child runs away from home, the media reports a missing child; the public pities the parents. But few have the courage to ask what unspoken horrors may

have pushed a young soul to rebel. Logic, when wielded by the child in protest, is too often countered by manipulative rhetoric. The child is gaslit, made to feel foolish for desiring autonomy. Parents do not want dialogue—they want submission. For them, guiding a child towards a "safe" profession is not just love; it's an attempt at emotional insurance: "I ensured my child won't starve." But in doing so, they birth another tragedy—a soul who eats every day but dies a little

more inside, silently, for not having lived the life he truly desired.

Not all are subjected to this fate. I count myself fortunate—my parents did not place the weight of their past upon my shoulders. They asked me, not once, but repeatedly, “What do you want to become?” And when I answered, they listened. I chose law—not from obligation, but from conviction. I decided to become what my grandfather once dreamt of, not to fulfill his ghost, but because it aligned with my own calling. That is what support looks like—not redirection, but alignment. It is why, in cultural works like the Hindi web series produced by The Viral Fever (TVF) for

YouTube which was Sapne vs Everyone (2023), there lies a profound truth—dreams do not die in the battlefield of ambition, but in the boardrooms of family discussion, when practicality triumphs over passion.

By the twilight of our lives, wealth may soothe the body, but only dreams lived will soothe the soul. The quiet smile of fulfillment, of a life carved in one's

own image, is worth more than the applause of society. So to all parents, I offer this plea—do not cripple your children with fear masquerading as guidance. Do not murder their spirit in the name of love. To do so is to betray the very essence of parenting. Give them freedom. Not the illusion of choice, but true freedom—to fail, to rise, to dream, to suffer, to win. For only in that will you raise not just obedient children, but sovereign individuals who live, not merely exist.

The Real Enemy Isn’t Youth. It’s Their Inheritance.

Each of these forces seems harmless in isolation. Together, they sculpt a generation of teens who are not lazy by nature—but numbed by repetition. Not disinterested by default—but never shown a world worth being interested in. They escape into social media, adult content, fandom wars, and trends not because they’re foolish—but because it’s the only space where they feel seen, even if falsely.

CONCLUSION

Real-Life Comments done by Individuals on Teenagers and Young adults (Japan and India)

JAPAN

"What I think about Japanese youth, including people of my own generation and younger, is that they are excellent at teamwork. Perhaps because pair work and group collaboration are often emphasized in school, most students have a sense of role-sharing and team responsibility. Even if they find it bothersome, they often see it as a valuable experience that tests their problem-solving skills. Of course, there are individual differences, and some people may lack the patience to work well in such settings.

Personally, I feel that even though opportunities are being given to the younger generation, it is actually the excessively harsh scrutiny and expectations from the older generation that may be discouraging and undermining them."

" I think Japanese culture and environment are very good. Because Japanese treats everyone equally. I'm very proud of being the same Japanese, and I feel very comfortable when other Japanese people are kind to me! However, sometimes there are crazy people among young people, so seeing such people breaks the atmosphere of the place, so to be honest, I feel tired of it. That's all lol."

— Few Japanese Women on Japanese Teenagers and Young adults

INDIA

"When you talk about Indian teenagers and Indian young adults, what comes to my mind is very interesting. I see people who are confused, insecure and stressed with life. Not having enough courage to follow the path they want to, and also not liking the path that they are provided. Need more emotional support from the surroundings, relatives, instead of constant encouragement and peer pressure. Being afraid of the future and struggling to innovate and explore creativity more, thus relying a lot on religion and god. Engaging in discussion of myths and hoaxes instead of ideas and possibilities. But this is about the educated ones, whereas uneducated youngsters which contributes up to 80% of the youngster population have religious dogma and consumed by lust and extreme toxicity."

— An Indian Individual on Indian Teenagers and Young adults

Observe closely the contrast in commentary made by citizens of the two nations regarding their youth, and it becomes apparent—almost painfully so—how deeply fractured the condition of Indian teenagers and young adults has become. Despite being born with a sharper intellect, a heightened capacity for abstract thought, and numerous other advantageous traits—such as emotional sensitivity, creativity, and adaptability—they remain far from fulfilling the potential of a generation worthy of admiration. Instead of ascending, they become subjects of derision from older generations or choose to live lives devoid of purpose, drifting passively with the current of existence and resigning themselves to the illusions of fate. But the world does not always reward passivity, nor does it favor those who surrender so easily to circumstance.

I have examined, dissected, and offered critique upon the Nine critical and infamous domains, each one a symptom and root cause of this sharp societal decline. Yet beyond all these, the fundamental ailment afflicting modern Indian youth is the absence of a singular, burning purpose—a powerful

will to live as something higher, something ultimate—to rise. In the empty spaces left behind by purpose, propaganda and trivial distractions creep in, clouding the mind and dulling the flame of vitality day by day.

The span between the ages of 18 to 25 is an irreplaceable chapter in a person's life, one in which subtle hormonal shifts play havoc upon the psyche, triggering deep psychological transformations. Due to the rise of Testosterone and Estrogen—During this period, a human being is most capable of rising—unbreakable in spirit, almost untouchable in energy. It is the time to forge a character of steel, a core that will direct every decision and reaction for the rest of life. Yet without the light of intellect and the weapon of knowledge, most wander into a shadowy void, mistaking their flailing rebellion for true resistance.

Take me as an example. I was born not crying, not breathing—when one is expected to cry within 30 seconds to a minute, I did not. The doctors deemed me a lost cause, a failure. I was placed under medical surveillance. And then—finally—I cried. At the age of five, I suffered from a violent, near-fatal episode

of diarrhea. At the hospital, doctors told my family I would not survive. Still, I lived. At ten, two major accidents struck. I fell from the third staircase of my house, landing head-first upon the ground. Miraculously, I escaped with nothing more than a deep gash on my forehead that required stitching. The second occurred during a trip to Digha, a seaside town in Purba Medinipur District of West Bengal. While swimming in the Sea, I was caught in the brutal pullback of a tide. And again, somehow—through sheer will—I survived.

Now ask yourself: after so many direct confrontations with death, don't I possess every reason to retreat into addiction, into nihilism, into rebellion against life itself? Isn't it logical to numb the fear of life's unpredictability with self-destruction? By every measure, I had the excuse. And yet, I did not take it. I rebel, yes—but not with substances or self-sabotage. I rebel through writing. Through questioning. Through exposing the society's contradictions masked as normalization. I do not smoke, drink, or embrace insolence as a form of protest. Because I know: such acts are not strength—they are cowardice

masquerading as freedom. A means of silencing fear by pretending not to feel it.

I do not seek to appear “cool.” I seek to be understood. To be questioned. To be heard. That fire, that hunger for deeper recognition and personal confrontation—that is what most teenagers here are missing. But don’t worry. I see you. And I have prepared for you a path—one that explores each of the nine perspectives I identified earlier. I offer solutions. A semi-guide. A blueprint for understanding the cracks in this society—like a strategist studying a chessboard, ready to strike. I believe in this generation. I believe they can be greater than the hollow, thoughtless beings they are becoming. But first, they must face their flaws. Then, and only then, can they rebuild—stronger, sharper, more powerful than ever before.

A NOTE TO TEENAGERS AND YOUNG ADULTS

In a world overdosing on noise—where influencers shout, governments posture, and trends mutate every week—your silence, your slowness, your refusal to nod without thinking, becomes a rebellion. You were not born to be a product, a follower, or a user swiping through secondhand opinions. You were born with a sovereign mind—a kingdom inside your skull more powerful than any trending ideology or viral sermon. But that power is dormant, drugged by distraction, by the worship of false idols, and by the myth that validation must come from the outside. This isn't about being a rebel for style. This is about becoming untouchable—mentally, emotionally, intellectually. The ones who truly rule the world are rarely seen. They question everything. They charm without trying. They lead with gestures sharper than swords. This guide is not a sermon. It's a weapon. For the individual who dares to wake up. And for the youth who refuses to kneel.

1. "Do not obey, do not follow, and most of all—do not absorb."

Why it works:

Psychological Independence: Obedience without question is the death of original thought. Those who blindly follow never lead, and leaders (especially intellectual ones) are forged through rebellion.

Social Power: By refusing to follow trends or ideologies automatically, you project strength—people are drawn to those who seem immune to herd behavior.

Manipulation Defense: Refusing to absorb everything helps shield you from emotional manipulation or propaganda, a key to retaining sovereignty over your mind.

2. "Every time you agree without questioning, you surrender a sliver of your sovereignty."

Why it works:

Subtle Conditioning: Repeated agreement without thought conditions you into compliance. Every 'yes' without reason is training the mind to surrender.

Value of Critical Thought: Sovereignty of thought is what makes thinkers dangerous and valuable. The ability to challenge even agreeable ideas breeds wisdom.

Silent Loss: The phrase "a sliver of your sovereignty" paints agreement as a slow theft—not dramatic, but constant—which triggers fear of loss, a powerful motivator.

3. "Raise your eyebrow often. Pause longer than others when someone offers a popular opinion."

Why it works:

Nonverbal Disruption: Raising an eyebrow is a small but powerful gesture that communicates doubt or amusement—it disrupts the flow of assumed agreement.

Control Through Silence: Pausing forces the other to fill the silence and exposes their emotional investment. Silence is dominance in conversation.

Charismatic Ambiguity: Not reacting quickly makes you unpredictable. Unpredictability is often mistaken for depth.

4. "Let silence be your armor; it makes people desperate to break it, handing you the upper ground."

Why it works:

Power of Absence: Silence creates a void. Humans hate voids, especially in social situations—they will speak more to fill it, revealing more than they intend.

Mystery = Power: In human psychology, what is silent is imagined to be deep. This leads to projection: others attach intelligence or strength to you.

Pressure Reversal: The one who speaks less controls the tempo. You're no longer dancing to their music—they're forced to match your rhythm.

5. "Tilt your head slightly when listening—it signals interest, but more importantly, it controls the rhythm of the conversation."

Why it works:

Deceptive Openness: A slight head tilt is associated with empathy and interest. It lowers others' guard.

Silent Command: It slows down the pace of speech in the other person. You're dictating the unspoken rules of interaction.

Body Language Mastery: It shows you're consciously using gestures—high-status individuals use nonverbal cues with deliberate calm.

6. "Smile only when you mean it; a genuine, delayed smile disorients those who thrive on quick validation."

Why it works:

Scarcity Principle: What is rare is valuable. A delayed, authentic smile suggests you're not easily pleased—others will crave your approval more.

Power of Emotional Withholding: Most people smile instantly to gain favor. Withholding that instinct implies you're not seeking approval; they are.

Disruption of Social Scripts: Quick validation is the currency of modern influence (likes, comments, claps). Breaking that pattern unnerves those conditioned by it.

7. "Walk slowly and speak with measured gravity—not laziness, but deliberate pace—as if your thoughts are sculpted marble, not impulsive wind."

Why it works:

Royal Tempo: Powerful individuals move and speak slower than the crowd. It's a psychological signature of dominance—only the desperate rush.

Cognitive Authority: A slow, deep voice with intentional pauses projects control over your ideas, suggesting mastery.

Symbolic Power: Comparing your thoughts to "sculpted marble" makes them seem timeless, intellectual, and rare—versus "impulsive wind" which feels cheap and momentary.

8. "When someone tells you to 'just believe,' that is your cue to dig deeper."

Why it works:

Red Flag Awareness: "Just believe" is often code for manipulation or dogma—this line trains your mind to recognize that trigger and activate skepticism.

Resistance Training: This builds mental reflexes to resist being swept by charisma or emotional persuasion.

Intellectual Control: It re-centers the conversation in logic and evidence, putting you back in control of your beliefs.

9. "Read what others mock. Learn to quote your enemies."

Why it works:

Contrarian Leverage: What the herd mocks is often misunderstood—or feared. Exploring it gives you unseen insights and advantage.

Mastery over Bias: Quoting enemies without emotional bias shows intellectual maturity—it confuses and impresses people.

Strategic Familiarity: Knowing the logic of your ideological opposition gives you power over the battlefield of ideas.

10. "Never absorb the full light of any idol—see their flaws, and study them more than their talents."

Why it works:

Immunity from Hero Worship: Idolization clouds judgment. Spotting flaws preserves your independent thinking.

Power Reversal: If you study their weaknesses, you no longer fear or pedestal them—you become capable of surpassing them.

Balanced Perspective: You learn not just what made them great, but what might destroy them. That's real wisdom.

11. "No government, no guru, no content creator, no cult of personality should ever rob you of the exquisite right to think freely."

Why it works:

Universal Guardrail: This sentence provides a protective mental filter against all forms of manipulation—political, spiritual, digital, personal.

Sacred Framing: Describing your freedom to think as "exquisite" elevates it emotionally, making the reader value it more.

Total Autonomy: It reframes control attempts as theft, provoking a protective instinct over your mental space.

12. "True power belongs not to the loud, but to the silent architect. You can be that architect."

Why it works:

Antidote to Noise Culture: In a time of loud opinions, those who create in silence seem more powerful and mysterious.

Architect Archetype: The word "architect" invokes an image of intelligence, control, creation, and calm authority—not just reactive noise.

Empowering Shift: It removes power from performers and gives it to planners. You become the hidden hand shaping reality.

13. "You, with all your flaws, fears, and frustration, are far more potent than you believe."

Why it works:

Emotional Permission: Admitting flaws removes shame. It invites growth without needing perfection.

Confidence Rooted in Realism: It's not fake confidence—it's grounded in understanding that your broken pieces can still build power.

Disarming Motivation: People listen more when you acknowledge their struggle—then show them they still have worth.

14. "The moment you stop asking for permission to think differently, the world begins to orbit you instead."

Why it works:

Radical Empowerment: It frames independent thought not just as rebellion—but as a gravitational force.

Inversion of Power: You become the center, not the seeker. That imagery subtly elevates your status.

Call to Action: It offers a specific shift—stop asking—which is a powerful behavioral directive.

15. "That is not arrogance—it is awareness. And awareness, once mastered, is more dangerous than any lie, any trend, or any throne."

Why it works:

Reframing Boldness: This line anticipates criticism ("arrogance") and shuts it down with clarity.

Elevating Consciousness: "Awareness" becomes the ultimate weapon. Not strength, fame, or followers—but clear sight.

Threat Recognition: It ends with a threat-level analogy—awareness is more dangerous than power itself. It reframes introspection as a lethal edge.

As you move forward, understand this: the power to shape your own reality does not lie in the applause of others, nor in the fleeting validation of social media likes. It lies in the quiet mastery of your mind, in your ability to detach from the noise, and in the deliberate way you move through the world. The greatest minds in history were not the loudest—they were the most deliberate. The power you now possess is not one of brute force or instant gratification, but one of unshakable composure, of calculated silence that forces the world to bend around you. You must remember that in every interaction, every opinion thrown at you, there lies an opportunity to assert your independence—whether by a single raised eyebrow or a well-timed pause. The moment you free yourself from the need to conform, from the chains of collective opinion, is the moment you begin to command your destiny. Question everything. Not just the world around you, but also your idols, your beliefs, and even your own assumptions. For only in this rigorous, unsparing self-examination can you truly cultivate the kind of awareness that renders you untouchable. Your worth is not defined by external validation, but by your inner conviction that you are capable of creating something far more

profound than what the world tells you is possible. The power is yours—but it must be claimed. Through stillness. Through skepticism. Through intelligence that is sharp enough to cut through the layers of falsehoods woven by those who seek to control you. The world is a stage, and while others rush to fill their roles, you must remain the master of your own script. When you finally understand that, when you embrace the full weight of your individuality and intelligence, you will no longer be a mere participant in life's game—you will be its architect, its strategist, its unseen force. And that is the true essence of power.

A NOTE TO PARENTS

In the intricate dance of parenthood, few challenges are as delicate and demanding as guiding a child from innocence to wisdom without constraining their inherent potential or creating an adversarial force within them. The true art of parenting lies not in domination, but in a quiet, strategic partnership that recognizes the child's individuality while gently shaping their character. In the world of modern Indian parenting, where societal pressures and expectations can often drown out the voice of reason, many parents fall prey to the illusion that control equals safety. They believe that the tighter they grip their child, the safer and more successful they will be. Yet, in their attempts to guard against the perceived dangers of the world, they may inadvertently breed rebellion, confusion, and emotional distance. True parenting is not about molding your child into a puppet of obedience, nor is it about overbearing dominance that stifles curiosity and growth. It is about empowering the child to think critically, question freely, and choose wisely. The challenge is to create a balance—a parent who is both a protector and a guide, not a

warden. Masterful parenting involves nurturing the child's natural inquisitiveness and teaching them to navigate life with resilience, emotional intelligence, and wisdom. This approach avoids the toxic cycle of rebellion and subjugation that often arises from strict, authoritarian parenting styles. By understanding the deep psychology of the child and adopting a strategic, almost invisible form of guidance, parents can steer their children away from wrong influences, while instilling a sense of inner power and independence that will serve them throughout their lives. This is the path of true leadership in parenting—a method that will not only protect but also elevate the child to greatness.

1. The False Safety of Over-Containment: The Trap of Over-Protection

Parents often believe that the more they control their child's actions, the more they are protecting them from harm. The idea is simple: safeguard them from every influence that could lead them astray. But, in reality, this sense of control often morphs into a subtle form of manipulation—a forceful mold that pushes the child into a role of compliant obedience, not independent action. In your attempt to protect your child from the world, you risk crafting a puppet who may follow your every command but will eventually resist, not out of rebellion, but out of the need to find their own identity.

Why this doesn't work:

Psychological Rebellion: The more you suppress their natural curiosity and independence, the more they will yearn to break free. The root of rebellion isn't inherently bad—it's a natural desire to explore, assert control, and form a unique identity.

Creating a Safe Cage: Your child may comply with your demands while young, but when they reach adolescence, the years of containment lead them to feel suffocated. They will seek any escape, even if it means embracing negative influences simply to break free of your grip.

Strategic Solution:

Rather than imposing rules in a one-size-fits-all manner, engage in dialogue. Discuss why certain actions may be harmful, not simply tell them what is right and wrong. Teach them the reasoning behind your decisions, allowing them to make informed choices. In this way, they start to internalize wisdom and own their decisions, avoiding the need to rebel when they come of age.

2. Transforming Fear into Wisdom: The Role of Empathy and Understanding

As a parent, it's natural to feel fear when your child steps into the wider world. The thought of them encountering harmful influences—bad friends, drugs, or negative ideologies—can paralyze even the most grounded individual. However, the instinct to control them through fear, through authoritarianism, is not only damaging but counterproductive. Fear breeds resistance, and the moment they feel your anxiety seep into your commands, they will feel your lack of confidence in their abilities. This sets up a dynamic where they either obey out of fear, or resist because they believe you don't trust them.

Why this doesn't work:

Trust Breeds Trust: If you never trust your child to make choices, how can you expect them to grow into someone capable of making wise ones? Children develop trust not from constant vigilance

but from being trusted to act independently and learn from mistakes.

Apathy towards Control: Over time, if the child feels manipulated or pushed around by the weight of your protective hand, they begin to shut down emotionally, leading them to follow external influences that seem less demanding than you.

Strategic Solution:

Engage your child as a companion and guide, not a warden. You can still set boundaries, but your role should be that of an advisor, explaining the reasons behind your concerns with calm and compassion. Encourage them to make decisions, and when they falter, instead of a harsh reprimand, offer support and reflection. "What do you think went wrong? How could you approach it differently next time?" This encourages self-reflection and makes them feel empowered rather than subjugated.

3. Lead by Example: The Unspoken Power of Silent Instruction

Nothing is more powerful than the unspoken example of your actions. Children are constantly observing—not just your words, but your choices, your mannerisms, and your behavior towards life. If you preach a value of discipline, hard work, and integrity but act in opposition, your child will pick up on this inconsistency. In fact, your actions will often hold more weight than your words, as children internalize behavior more deeply than moral instruction. If you say one thing and do another, you plant seeds of distrust and confusion, ultimately pushing them to question your authority.

Why this doesn't work:

Discrepancy breeds skepticism: Children naturally distrust hypocrisy. If they see you preach responsibility but constantly shirk it, or encourage honesty while lying, they become disillusioned with your teachings.

Silent Rebellion: Your child will rebel silently not because they don't understand what you say but because they see the gap between what you preach and what you practice.

Strategic Solution:

Lead by example. If you want your child to embrace honesty, model it, especially in difficult situations. If you wish them to value hard work, show them the effort you put into your own tasks, and avoid shortcuts. Consistency in behavior is the most powerful lesson you can impart. This reinforces your authority without the need for forceful commands. When they see your values in action, they will naturally begin to adopt them as their own.

4. Encourage Independent Exploration: The Power of Curiosity as an Ally

Indian culture, especially, often places heavy emphasis on children following a predefined path—excel in school, obey the family, marry as per tradition, and follow the expected norms. While this structure offers safety, it can stifle curiosity and creativity, which are the engines of personal growth. Every child, in their early years, is like a sponge, absorbing everything around them. If they are not given the room to explore and experiment, they will eventually seek it out elsewhere—usually in ways that may not align with your values. The goal is not control but guidance.

Why this doesn't work:

Unmet Curiosity: The more you limit your child's explorations and questions, the more they feel disconnected from their inner drive to learn. Eventually, this can lead to a disconnect between you and them, making them more susceptible to

outside influences that promise the freedom they are denied at home.

Uninspired Rebellion: When their curiosity is stifled, children may feel the need to rebel just to assert their individuality and their freedom of thought.

Strategic Solution:

Foster curiosity by allowing your child to explore different subjects, even ones you may not entirely understand. Don't immediately reject their interests because they seem unconventional. Instead, become actively engaged in understanding what excites them, and offer your guidance by showing them different perspectives and facets of that curiosity. Help them see the value in various pursuits, whether they are academic, artistic, or entrepreneurial. By supporting their curiosity, you prevent it from turning into a frustration that leads them to look for answers in the wrong places.

5. The Art of Strategic Praise: Building Self-Esteem Without Overindulgence

Praise can be a powerful tool, but like all tools, it must be used with great precision. Too much praise, especially when it's excessive or unearned, can lead to an inflated sense of entitlement, while too little can erode a child's self-esteem. The key is to use praise in a calculated manner that reinforces the values you want to instill, while also encouraging humility and effort over innate talent. It is not enough to simply tell your child that they did well; you must give them the tools to understand what they did right and how they can improve.

Why this doesn't work:

Overindulgence breeds complacency: If you constantly shower your child with praise for simply doing what is expected, they will grow accustomed to the notion that success is easy and that it is guaranteed with little effort. This leads to lazy entitlement, making them vulnerable to

influences that promise the same rewards without the same effort.

Under-praise breeds insecurity: On the other hand, withholding praise altogether will lead them to question their own abilities. Insecurity makes children susceptible to external opinions, often leading them to seek validation from others who might not have their best interests at heart.

Strategic Solution:

Praise should always be specific, focusing on effort, improvement, and thoughtful decision-making, rather than simply the outcome. "I noticed how much focus you put into your studies today; that effort will help you improve." This approach rewards the process, not just the result. It teaches the child to value the steps they take toward success and not the end goal alone.

Balanced praise should also be paired with constructive feedback. Don't just celebrate what they did right—encourage them to look at what

could be improved. This fosters self-reflection and strengthens their ability to learn from mistakes.

6. The Quiet Power of Listening: How Listening Shapes Leadership

In the rush to guide and protect, many parents forget one crucial element: listening. The more you talk to your child, the more you may inadvertently shut them down, making them feel unheard or unseen. The moment they stop sharing their thoughts and concerns with you is the moment they start seeking advice from others who may not have their best interests at heart. Listening with intention is a subtle but powerful tool for connecting with your child and cultivating trust. It allows you to understand their world, their fears, and their ambitions in a way that no directive ever could.

Why this doesn't work:

Suffocating Communication: When a parent dominates the conversation, the child learns to keep their thoughts to themselves. Silent resentment builds when they feel their voice doesn't matter. Eventually, they will rebel, not out

of malice, but because they have no other way to express their frustration.

Unseen Signals: Children are often not forthcoming with their struggles. They hide their fears, insecurities, or confusion, hoping to protect themselves. If you don't listen intently, you may miss these subtle signals, leaving them vulnerable to manipulation by external forces.

Strategic Solution:

Listen actively. Rather than responding immediately with advice or correction, listen to understand. Ask open-ended questions that encourage your child to elaborate on their thoughts. For example, "How did you feel about that situation?" or "What made you think that was the right choice?" These questions will not only help you better understand their perspective but will also strengthen your connection and make them feel supported, not controlled.

Offer guidance gently, based on the insights you gain from listening. This will make them more

likely to accept your advice, knowing it stems from an empathetic understanding rather than an attempt to assert control.

7. The Subtlety of Independence: Encouraging Ownership of Choices

True power lies in independence, not dependence. A child's sense of self-worth is most profoundly shaped when they learn to take responsibility for their choices. As a parent, you should avoid creating an environment where your child feels like they are constantly being managed or handled by you. Instead, allow them to make independent decisions, even when the consequences are not entirely favorable. This teaches them the power of autonomy and the importance of owning both successes and mistakes.

Why this doesn't work:

Dependency breeds weakness: If a child grows up in an environment where every decision is made for them, they will never learn how to make their own choices. They will become passive participants in their own lives, always looking to others for validation and guidance. In adulthood, this dependency often manifests as insecurity and fear of failure.

Lack of accountability: If you constantly intervene to prevent them from making mistakes, they will never learn the importance of accountability. Their growth will be stunted, and they will resist your attempts at guidance because they've never had the opportunity to see their actions' consequences.

Strategic Solution:

Give your child ownership of decisions from an early age. Let them choose their hobbies, friends, and in some cases, even academic interests. While you should be present to offer advice and wisdom, the ultimate decision should rest with them. This fosters autonomy and a deep sense of responsibility for their actions. As they mature, allow them more freedom, which will naturally build their confidence and judgment.

Reflect on the outcome, regardless of whether it was successful or not. Encourage them to ask themselves, "What can I learn from this?" This promotes a mindset of constant growth, turning even failures into valuable lessons.

8. The Power of Patience: Allowing Growth Without Forcing It

Patience, when combined with wisdom, can be a parent's most powerful ally. Many Indian parents often rush their children into adulthood—pushing them to succeed academically, socially, and personally at a pace that is unnatural. This pressure, while seemingly well-intentioned, often leads to anxiety, burnout, and a rebellion rooted in unmet potential. Children need time to grow into themselves, and this growth cannot be forced.

Why this doesn't work:

Rushed Growth: When children are pushed too hard, they do not develop internal resilience. Instead, they become externally motivated, either chasing validation from others or acting out in ways that conflict with their true nature.

Burnout and Resistance: Overwhelming pressure stifles the natural growth of your child, leading them to resist your efforts not out of malice but out of exhaustion.

Strategic Solution:

Allow your child the time and space to mature at their own pace. Trust that their path will unfold if you provide the proper guidance and room to fail and learn. Encourage gradual, step-by-step growth. Patience is key—let them experience the world, make their own choices, and develop a sense of self-confidence that is not dictated by your timeline.

9. The Cultivation of Critical Thinking: Empowering the Mind

One of the most powerful tools a parent can provide to their child is the ability to think critically. It is not enough to simply fill a child's mind with facts and directives—true wisdom lies in the ability to question and analyze the world around them. When parents stifle their child's natural curiosity or dismiss their inquiries as trivial, they unwittingly breed a mindset of obedience without understanding, leading to resentment and rebellion. A child who is encouraged to think for themselves becomes not only independent but also powerfully resilient in the face of external pressures.

Why this doesn't work:

Passive acceptance: If you force your child to simply accept the world as it is, without teaching them how to critically engage with it, you create a generation that follows orders without questioning their validity. This leads to a lack of inner conviction, making your child vulnerable to

manipulation by those who prey on the unquestioning.

Curiosity stifled: When you dismiss your child's questions or curiosity as nuisance, they begin to hide their real thoughts, slowly distancing themselves from you in favor of exploring ideas with peers or external influences. This fosters a sense of alienation and distrust.

Strategic Solution:

Encourage your child to ask questions, and rather than always providing immediate answers, ask them to explore their own thoughts. Guide them to resources that challenge their thinking and encourage intellectual curiosity. Questions like, "What do you think about that idea?" or "What do you think might happen if we try this alternative?" encourage them to engage with their world actively.

Create an environment of intellectual freedom at home where they are not afraid to express doubts or challenge ideas. Reward thoughtful analysis and

reasoning, even if the conclusion differs from your own perspective. This develops their independent judgment, making them less likely to be influenced by false narratives or social pressures.

10. The Subtlety of Detachment: Creating the Balance of Control

Parents often fall into the trap of over-involvement, believing that by micromanaging every aspect of their child's life, they are ensuring their safety and success. However, this overbearing attachment suffocates the child's autonomy and ability to develop a sense of self. Detachment, however, is not neglect—it is an acknowledgment of the child's need for space to grow into their own person, without unnecessary interference. This careful balance allows the child to feel empowered without feeling abandoned.

Why this doesn't work:

Suffocating dependency: Constant surveillance and intervention in every aspect of the child's life prevents them from developing emotional independence. They rely too much on their parents′ approval and control, which can foster feelings of resentment and rebellion.

Inability to learn through failure: Over-involved parents often prevent their children from making mistakes or experiencing natural consequences, which can deprive them of valuable lessons. This leads to a lack of resilience and fear of failure in the child, who will either rebel in an attempt to escape this control or avoid challenges altogether.

Strategic Solution:

Create space for autonomy by allowing your child to make independent decisions in areas like friendships, activities, and choices. While it is important to remain a guiding force in their life, create a structured but flexible environment that allows them room to experiment and fail.

Instead of imposing solutions on their problems, encourage them to weigh options and reflect on consequences. Allow them to own their failures, and use these moments to gently guide them through the lessons of resilience, self-reliance, and adaptability.

11. The Mastery of Emotional Control: Modeling Emotional Intelligence

Children are often like mirrors, reflecting the behaviors, attitudes, and emotional states they witness in their parents. A parent who exhibits emotional volatility—whether through anger, frustration, or excessive worry—sets a pattern for their child to react similarly when faced with challenges. If your child grows up in an environment where emotions rule, they will struggle with impulse control and the ability to deal with emotions in a healthy way, making them more likely to react impulsively and rebel against authority when faced with emotional stress.

Why this doesn't work:

Uncontrolled emotions breed chaos: Children who grow up in emotionally unstable environments often learn to use their emotions to manipulate situations, which leads to emotional blackmail or manipulation in their relationships with others. They also lack the tools to manage emotions

effectively, making them vulnerable to extreme reactions in times of stress or conflict.

Fear-based compliance: If a parent's emotional outbursts are used as a tool for controlling behavior, the child may comply out of fear rather than respect. This compliance can seem obedient at first, but over time, it creates resentment and a desire to escape the emotional tyranny of the parent.

Strategic Solution:

Model emotional intelligence by demonstrating how to manage emotions effectively. Practice calmness in the face of challenges, allowing your child to witness how you handle frustration or disappointment in a constructive manner. Show them the power of reflection, deep breathing, and seeking solutions in stressful situations rather than reacting impulsively.

Teach them that emotions are not to be feared or suppressed but understood. Help them develop emotional resilience by encouraging them to

express their feelings appropriately and reflect on how their emotions influence their actions. Use moments of emotional conflict as teaching opportunities, guiding them to make thoughtful decisions even when emotions run high.

12. The Role of Boundaries: Protecting Without Overpowering

Boundaries are a fundamental part of building a healthy relationship with your child, yet many parents struggle with establishing the right balance. On one hand, clear boundaries help children feel secure and understand expectations; on the other, excessive control creates resentment. Children need to understand the limits of their behavior, but they also need the freedom to push against these limits to understand the consequences of their actions. Boundaries, therefore, must be firm yet flexible, allowing for growth while maintaining a core structure.

Why this doesn't work:

Overbearing rules lead to rebellion: When rules are imposed without explanation or opportunity for negotiation, children feel like they are being punished rather than guided. This breeds resentment and pushes children to rebel against what they perceive as unfair restrictions.

Lack of boundaries breeds insecurity: Conversely, if boundaries are too vague or inconsistent, children feel unprotected and may engage in risky or self-destructive behavior to test the limits, as they do not understand where they are safe.

Strategic Solution:

Establish clear, consistent boundaries but allow for reasonable flexibility. Explain why certain boundaries exist, ensuring your child understands the reasoning behind them. For example, if you set a curfew, explain the importance of rest and safety, not just the need to exert control.

Involve your child in discussions about boundaries, allowing them to express their concerns or feelings. By involving them in setting rules, you provide them with a sense of ownership and a deeper understanding of the value behind the restrictions. This collaborative approach builds trust and minimizes rebellion.

In the end, the most enduring legacy a parent can leave is not the obedience of their child, but the sovereignty of their spirit. You are not raising a servant to society's expectations, nor a puppet to your anxieties—you are sculpting a mind, a will, a force that will one day operate independently in a world filled with manipulation, illusion, and pressure. The overbearing parent may find short-term comfort in submission, but they will face long-term rebellion, resentment, and emotional disconnection. Just as a tyrant may rule a kingdom by fear but never earn the loyalty of its people, so too does the authoritarian parent command compliance but fail to win the child's trust or respect. The wiser parent, however, like a true strategist, guides subtly, listens deeply, and empowers silently. They encourage debate, allow mistakes, and gently correct without humiliating. They do not shield the child from the world—they teach the child to dissect it, to question it, and ultimately, to master it. This is the essence of lasting influence: not force, but finesse. You are not meant to be your child's prison—you are meant to be their compass. Raise not a product of your fear, but an architect of their own strength. Let them stand on their own, not to challenge you, but to honor the

wisdom you instilled. In doing so, you do not lose control—you ascend into a higher form of it: the invisible influence of a trusted mentor. And there lies the true mastery of parenting—the kind that produces not followers, but leaders.

In a world built on speed, spectacle, and superficiality, the Indian teenager and young adults has became a ghost of what could have been. Not out of malice. Not by design. But by slow erosion—of thought, of meaning, of identity. The culture praises noise, trends, and momentary highs. And so the adolescent mind, once a chamber of rebellion, fire, and discovery, has been reduced to a mimic—repeating, reposting, reacting. The tragedy is not that Indian youth are failing. The tragedy is that they are being trained to forget they can rise at all.

But this is not the end. Not yet.

Because history has shown—again and again—that buried beneath imitation lies originality. That within every youth drowning in distraction, there is still a flicker of something ancient and powerful: the will to shape their own life. It is this will we must awaken. Not through lectures, not through guilt—but by showing them the cost of unconscious living. Show them the price of drifting through life. Because the world does not reward potential. It only bows to action.

The true freedom you seek, dear reader, is not in doing whatever you want. It's in knowing what you're doing, and why. It is not in floating from one dopamine rush to the next. It is in grounding yourself so deeply in purpose that the world begins to orbit you. You must learn to sit with discomfort, to question your habits, to destroy illusions—because no evolution ever happened in comfort. What will separate you from the millions is not your fashion, your fandoms, or your reels—it is the intensity of your focus, the quality of your questions, and the courage to be different when being different feels like exile.

Let this pocket book be a funeral for your excuses. Let it be a eulogy for your laziness. Let it be the whisper that gets louder with every mistake, until you finally wake up and realize: You can build yourself from the ground up. You are not your circumstances. You are your decisions.

And now, a word to the parents.

You, too, are part of this symphony—though quieter, more hidden. Understand that today's child is not weak by nature. They are simply overwhelmed by

the world you've handed them, filled with noise but devoid of direction. You must ask: have you passed on values, or just expectations? Have you nurtured thought, or demanded obedience? Have you given them the courage to question—or just the fear of failure?

Raise thinkers, not trophies. Raise explorers, not parrots. The world does not need more perfect children. It needs real ones—ones who can face reality and not be broken by it. And that starts with you.

This is not the end of the pocket book. It is the beginning of a new mirror—a brutal, honest, transformative mirror. If you can stand your reflection, you can change it.

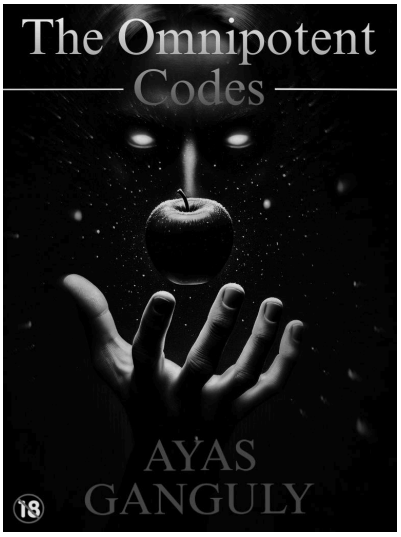
And when you do, the world will know.
Not through your words,

But through your Life.

“You were not born to scroll through life. You were born to sculpt it—with scars, with silence, with struggle. If you do not rise above the noise now, you will drown in it forever.”

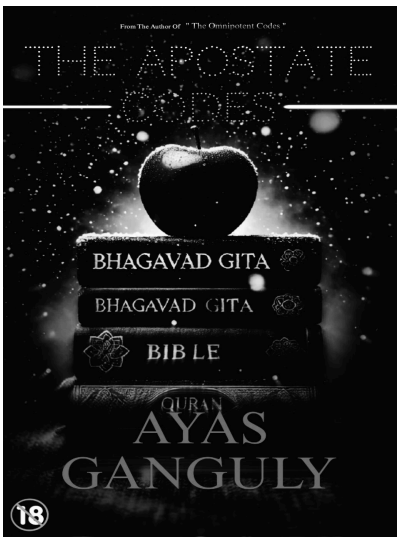
— Author

OTHER POCKET BOOKS BY THE AUTHOR :



“THE OMNIPOTENT CODES” BY AYAS GANGULY

(CODES SERIES)



“THE APOSTATE CODES” BY AYAS GANGULY
(CODES SERIES)

"I look at my generation, and I see sparks—but scattered. We have access to the entire world in our palms, yet we choose distraction over depth, noise over silence, imitation over individuality. We dream, but rarely act. We want change, but refuse discomfort. Most of us are in love with the idea of success, not the discipline it demands. We chase trends to feel seen, to feel relevant—without realizing relevance means nothing if it isn't built on truth. And yet, I don't hate us. I ache for us. Because I know we could be so much more if we just paused, questioned, and dared to think for ourselves."

— An Indian Individual on Indian Teenagers and Young adults

THE DIFFERENCE IS VISIBLE..,

今の日本の若者や十代は非常に情報の処理や取捨選択が上手くなっている反面、物事の本質や具体的な理論に基づく実証、知識の定着という能力に危惧すべき点があると思う。なぜなら最近はchat GPTやインターネット検索で知りたいことをすぐ知れたり、映画や動画を倍速で見ていたりしている傾向が多いが、実際それらについて深掘りして聞いてみると浅い回答しかない場合が多いためです。

(While today's young people and teenagers in Japan are becoming very good at processing and selecting information, I think there are some concerns about their ability to understand the essence of things, verify things based on concrete theories, and solidify knowledge. This is because, although there is a tendency these days to find out what you want to know immediately through chat GPT or internet searches, or to watch movies and videos at double speed, when you actually dig deeper and ask about these things, you often only get shallow answers.)

THE ANSWER IS IN THE PAGES.

— An Japanese Individual on Japanese Teenagers and Young Adults

- SELF-HELP
- ANTI-TREND
- TEEN CRITICISM